

CHRIS ROLAND
TIBETAN SINGING BOWL CERTIFICATE COURSE
Aug 23 - 25 2024

Course Fee - R1,790 pp

If needed, accommodation available from R750 - R1250 pp/pn (course participants shared exclusive use of entire house)*

- 1 x ensuite with queen bed
- 3 x room with 1 full and 1 half shared bathroom
- 1 x flatlet with open plan lounge/kitchen and bathroom

**Accommodation is not required - students may choose to return home each day*

Day 1 Aug 23 - 18h00 - 21h00

Day 2 Aug 24- 09h00 - 14h00 (+1 hour if needed)

Day 3 Aug 25 - 09h00 - 13h00 (+1 hour if needed)

What To Bring:

- Tibetan Singing Bowls* (if you have, but not required - bowls will be available)
- Yoga mat or camping mat & pillow*
- Water bottle*
- Eye cover*
- Warm clothing* (just in case)
- Light blanket or sari to wrap yourself in*
- Yoga chair or similar if you have, but not required* (house chairs are available if needed)
- Snacks* (tea and healthy snacks will be provided, but feel free to bring your own)
- Optional swimsuit and towel* (there is a pool available and you are welcome to dip)

*Many cushions will be available, but feel free to bring one if you like

NOTE: You are welcome to leave all your belongings from Fri - Sat - the property is very safe and no one will be in the house during this time.

BANKING:

Chris Roland
 ABSA, Br Code: 632 005, Acct: 1007230016, Checking
 Amount: R1,790

NOTE: Please use this reference on your EFT - surname plus TSBaug24

WHERE

9 Martingale Ave
 Hout Bay
 (exclusive use of Chris' beautiful and serene guest house)

Day 1: Introduction to Sound Healing and Tibetan Singing Bowls

Duration: 3 hours (6:00 PM - 9:00 PM)

Please arrive no later than 6pm, **and arrive in complete silence, refrain from speaking.** This will enable you to become mindful of what you are about to experience, and align you with the vibrations of the course. You will be guided where to set yourself up, and what comes next.

Evening Session: Exploring Sound and Tibetan Singing Bowls

A Magical Experience in Silence (30 minutes)

-Connecting with the bowls, each other and all of existence.

Individual Introductions (15 minutes)

-Introduce yourself, you can finally speak!

Introduction to Tibetan Singing Bowls (45 minutes)

- Explore the history, cultural significance, and types of Tibetan Singing Bowls.
- How the bowls are made, their materials, and different playing techniques.
- Different types of mallets, including some that may surprise you.

Introduction to Sound Healing (45 minutes)

- Overview of the science and alchemy of sound healing, its history and principles.
- Therapeutic effects of sound and vibrations on the body and mind.

Group Sound Bath Led by Chris (45 minutes)

-Experiencing the therapeutic effects firsthand.

Day 2: Mechanics of Sound Healing with Tibetan Singing Bowls

Duration: Approximately 5 hours (9:00 AM - 2:00 PM, with breaks)

Morning Session: Sound Healing Fundamentals

Sound Waves and Healing (45 minutes)

- What are sound waves, frequencies, notes, octaves, intervals?
- Science of sound waves and their impact on the body's cells and energy systems.
- In depth discussions about resonance and entrainment.
- What are Contraindications?

Meditative Practices (30 minutes)

- Introduction to meditative practices to prepare you, your instruments and the room for sound healing, including hours and days prior to sessions.
- Mindfulness techniques to enhance your connection with the bowls and space.

Individual Practice (45 minutes)

- Time to start using the bowls, exploring the various sounds possible, and what they mean.
- Bowl placement patterns and practical techniques used to play around an individual(s).
- Using Tibetan Singing Bowls in a one-on-one or group settings, or for yourself.
- Best practices for creating a safe and healing environment, setting up the space.

Morning Tea Break (15 minutes)

Afternoon Session: Sound Healing Techniques

Your first Tibetan Bowl Session (60 minutes)

- One on One sessions between participants.
- Participants practice sound healing on each other to experience its therapeutic effects.
- Guidance and feedback as needed.

Group Sound Healing Sessions (60 minutes)

- The difference between one on one and group Tibetan Bowl sessions.
- Preparing the room practically and energetically for group sessions.
- Best suited space and number of participants in group sessions.

Day 3: Integration and Certification

Duration: Approximately 4 hours (9:00 AM - 1:00 PM, with breaks)

Morning Session: Integrating Skills and Preparing for Certification

Review (30 minutes)

- Review key concepts, techniques, and experiences from the previous days. You will be asked to review what you have learned so far.

Advanced Techniques (45 minutes)

- Explore advanced sound healing techniques, such as overtones, harmonics, and specialized bowl placements.
- Using the bowls in unconventional ways, such as massage, with liquids, and mallets from vegetables and tree branches, and using sand, pebbles, marbles, your mouth for more soothing and healing sounds.
- Medical benefits from sound healing in connection with Tibetan Singing Bowls.
- Creative approaches to sound healing with Tibetan Singing Bowls.

Group Sound Healing Session Continued from Day 2 (60 minutes)

- Final group sound healing sessions led by each of the participants.

Morning Tea Break (15 minutes)

Late Morning Session: Finals, Certification and Closing

One on One Session Final Exam (90 minutes)

-Each participant has 10 - 15 minutes to set up instruments, prepare space, welcome the recipient, and provide a Tibetan Singing Bowl session with the guidance of their intuition and newly learned skills.

Certification Ceremony (15 minutes)

-Completion certificates awarded.
-Encouragement to continue your sound healing journey and resources for further learning.

Q&A and Sharing (30 minutes)

-Opportunity to ask questions, share experiences, and discuss plans for using sound healing in your lives or practices.

Closing Sound Bath - if time permits (20 minutes)

-Course concluded with a final group sound bath to leave participants with a deeply relaxed and harmonious experience, and a connection to the bowls, the sounds they produce and each other.

