TRAINING SOUNDHEALING LEVEL 1

With Coraline Kiene & Vanessa Francisco from Inner Sounds

WWW.AGORA-LISBOA.COM
RUA RAFAEL DE ANDRADE, 23, 2ND FLOOR
INFO@AGORA-LISBOA.COM

20-24 MAY 2020 10H-18H
5 days in the universe of Sound & Vibrations:

- Discover the mysterious universe of Gongs, Tibetan Bowls and Crystal Bowls: their history; the different types and components; how to choose them; how to play them and use them; which protocols? You will be able to test and practice all the instruments.
- Connect to your Voice, in complete awareness
- Awaken your body listening and connect to your inner feelings, let yourself be touched by sound and its resonance
- Immerse yourself in a sound week (sound baths, gong baths, crystal ...)

For questions and info
email: info@agora-lisboa.com
www.agora-lisboa.com
SUBJECTS DISCUSSED:
• The Power of Sound and Vibration: mechanical, physical and energetic principles of sound. How sound works, its effects, healing frequencies
• The Fundamentals of Sound Healing / Sound Therapy
• The Anatomy of the Energetic Body: our different bodies, an interconnected system
• Working With Sound: Understanding Sound and Vibration: The Role of the Sound Therapist
• Practical Use of Vibratory Instruments:
  • Gongs, Tibetan Bowls, Crystal Bowls
• Working your own Voice
• Protocols for Personal Practice & with Others: Meditation, Relaxation, Therapy
• Learning and Practicing on how to do a Collective Sound Bath

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Coraline & Vanessa invite you to make contact with the world of frequencies, vibrations and resonances, including your own voice, to discover how you feel them, how you integrate them and how you interact with them. Your sensibility to sound will emerge, the representations it generates in your inner world will be clearer and gradually, you’ll develop your own awareness and understanding of its effects. You learn to connect so to transmit, having the right technical bases to start with and to follow then, your intuition.

All the work lies in the sensitive, fine and attentive listening of the resonances between oneself, other beings and the instrument. This training is suitable for all those who are sensitive to sounds and vibrations, professional or not:

- All the curious and sensitive people who wish to expand their knowledge about Gongs, Tibetan and Crystal Bowls, about voice and understand how they affect us, how to use them in a personal practice.
- Professionals (therapists, yoga teachers, medical professionals) wishing to work with vibratory instruments in support of their practice in accompanying people.
PRICE FOR THE TRAINING:  500 €
Early Bird before 31st January: 450 €

A deposit of 150 € is required to reserve your place (not refundable 3 months before the training). The entire amount of the training requested on the starting day. Places limited to 10 people, waiting list possible.

The rate includes:
- 30 hours of effective training on Sound and Vibration, theoretical and practical.
- Sound baths for resonant evenings and mediation

Language: English (main language) / Français / Português
Level 1 certificate available upon request

Info & Registrations:
info@agora-lisboa.com