

YOGA WITH SHAWNA

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# SOUND HEALING

# *Certification*

Trainings can be taken in person or online.

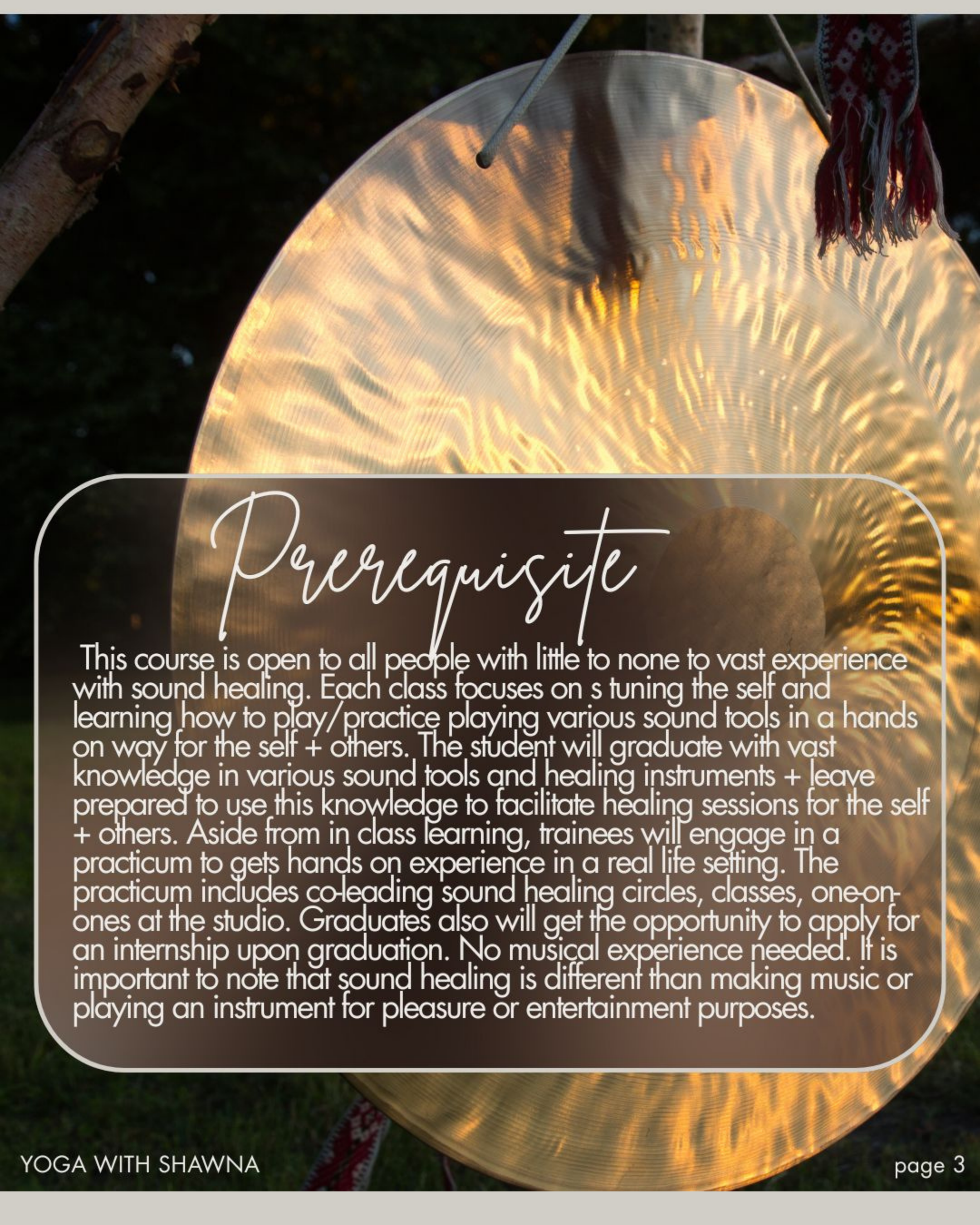


# Curriculum

Sound Healing is using sound in a sacred way to bring healing: it is done through creating a bath of vibrational energy for healing. Mother Earth provides sound healing for us every day: the ocean plays a rhythm to teach us to flow, the birds sing a song to help us invite back the song of joy and expression in our lives, thunder can bring harmony shaking out all that we are holding on to that does not serve us: all of these vibrations provide healing. The universe is singing. Can you hear it?

Sound Healing works based on sympathetic resonance. All frequencies have a correlating sound. When we play or say a positive vibration, we become it. A sound healer's job is to provide the opportunity for sympathetic resonance to take place to provide harmony. Sound Healing affects all things and can be done on all things. If a plant is sick or dying, it can be re-tuned by using sound healing. Just as if you are sick or hurting. Sound can be used to help bring balanced, positive resonance to food, objects, places, things, people, animals, any and all things as everything is vibration and sound healing is vibrational healing.

The sound healing facilitator program enables the individuals to provide diverse and varied sessions that use sound healing to balance the body, mind, and energy. Students receive free access to sound healing community classes offered at the studio during the time of study. Mentorships + internships available upon graduation to provide extended growth and job experience while giving back to the community at a well established, 5-star rated, voted "Best of" Yoga Studios in various publications along with various other accolades.



# Prerequisite

This course is open to all people with little to none to vast experience with sound healing. Each class focuses on s tuning the self and learning how to play/practice playing various sound tools in a hands on way for the self + others. The student will graduate with vast knowledge in various sound tools and healing instruments + leave prepared to use this knowledge to facilitate healing sessions for the self + others. Aside from in class learning, trainees will engage in a practicum to gets hands on experience in a real life setting. The practicum includes co-leading sound healing circles, classes, one-on-ones at the studio. Graduates also will get the opportunity to apply for an internship upon graduation. No musical experience needed. It is important to note that sound healing is different than making music or playing an instrument for pleasure or entertainment purposes.

# Why sound healing?

Sound can be used to synchronize our energetic body, physical imbalances, emotional disturbances, and fluctuating brainwaves by providing a stable frequency which the brainwave can attune to.

Largely supported by modern science research yet dating back thousands and thousand of documented years from various cultures throughout the world, sound has been used as a healer since the beginning of all things for sound is the beginning of all things

"By using rhythm and frequency, we can entrain our brainwaves and it then becomes possible to down-shift our normal beta state (normal waking consciousness) to alpha (relaxed consciousness), and even reach theta (meditative state) and delta (sleep; where internal healing can occur)." with spirituality to come back to the source of what you are.

Aside from the official certification, this course brings the opportunity for self growth and understanding, collective community, and wisdom of your self as frequency.

Sound healing happens even if we do not hear the frequency. We do not need to HEAR it to heal. It is vibrational. So a deaf person and a person with full range hearing, along with a dog, and a plant all have the same effect of the sound healing session on a vibrational level: even if we cannot hear the same frequencies, the healing still happens. The "hearing" of it makes it more tangible, and brings a whole other string of benefits but it is not necessary. The teachings and shifts, of course, are individual and based on the tuning of the person, animal, or thing and its frequency but the physically hearing it or not, does not matter.

Neurons in the brain respond automatically to three things (1) what we hear (2) what we smell (3) what we see. Listening is vital to healing. The neurons in the brain translate the signal of what we are hearing into vibration which affect the center optical nerve of our third eye. This happens regardless of if we are hearing signals of negativity, criticism, gossip or positivity, love and hope. Everything you listen to you become.

The background of the entire page is a close-up photograph of several tuning forks and crystals. The tuning forks are made of a light-colored metal, possibly brass or copper, and are arranged diagonally across the frame. Some of the forks have an Om symbol engraved on their base. The crystals are dark and jagged, with some showing a metallic sheen. The lighting is warm and focused, creating a sense of depth and texture.

# *Tuning forks*

*5 hours*

apping into your own body as an instrument  
and understanding how to use your own  
sound for sound healing and why this is  
important and powerful.

# drums, chimes + shakers

5 hours

Tapping into healing percussion to connect with the healing sound to bring medicine to the mind, soul and body



# *gongs*

*5 hours*

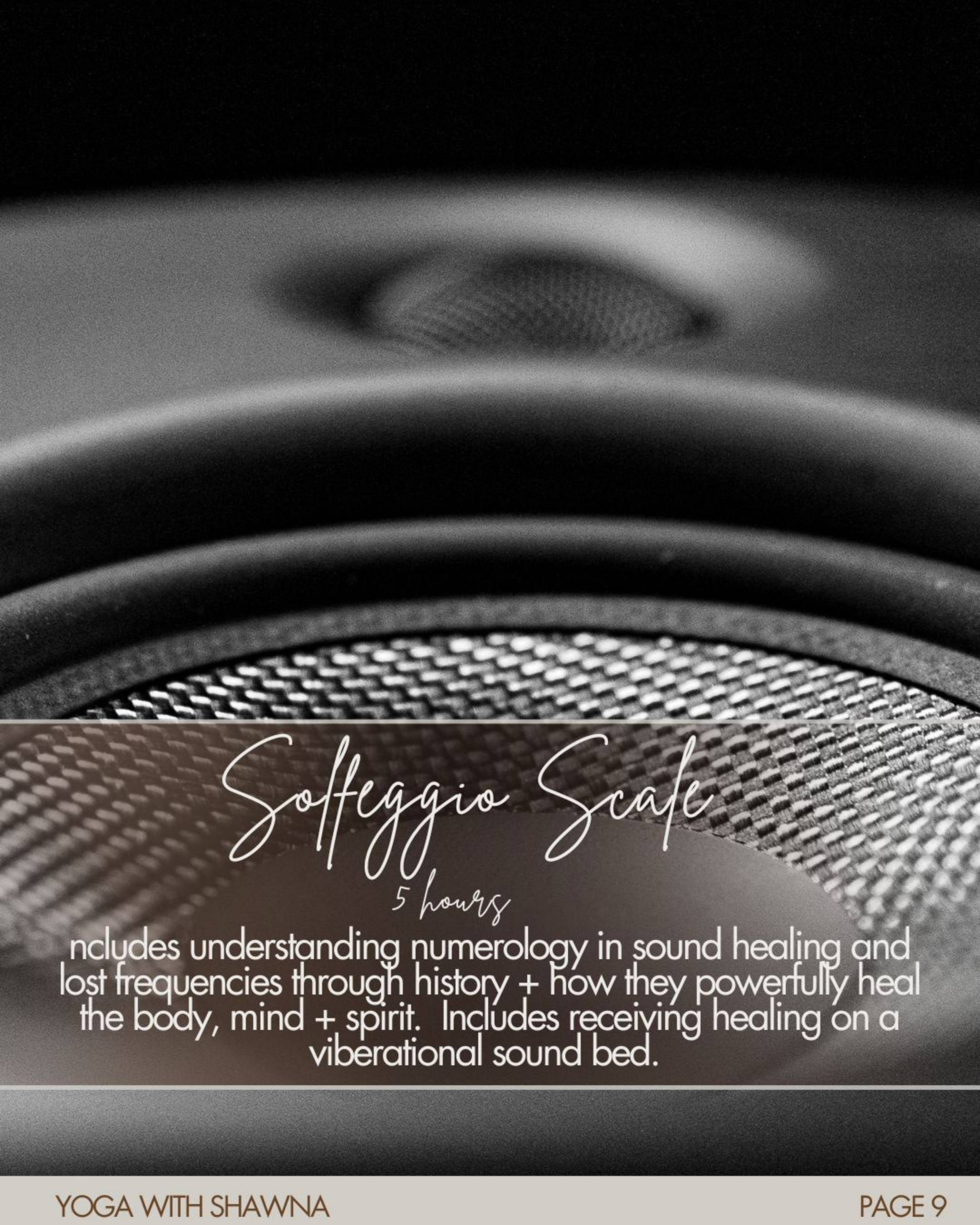
Includes understanding striking technique and gong play including how to make whale sounds and sound of the heart beat, and along with proper mallet uses for providing powerful gong healing sessions for yourself and others.



# Crystal + Tibetan Bowls

5 hours

Includes understanding the science behind crystal bowl healing, how to properly play and proper care for the crystal sound bowls and playing for a group and on others. Other uses of bowls and types of bowls will be shared.



# Solfeggio Scale

5 hours

Includes understanding numerology in sound healing and lost frequencies through history + how they powerfully heal the body, mind + spirit. Includes receiving healing on a vibrational sound bed.



# Self Tuning

5 hours

Tapping into your own body as an instrument and understanding how to use your own sound for sound healing and why this is important and powerful.



# Chanting

5 hours

Correlates deep, ancient chants as far back as the Vedic times (thousands and thousand of years) along with seed sounds, mantra and AUM. Access and exposure to various chants in various languages with various healing benefits and uses.

# *The energy of sound*

*5 hours*

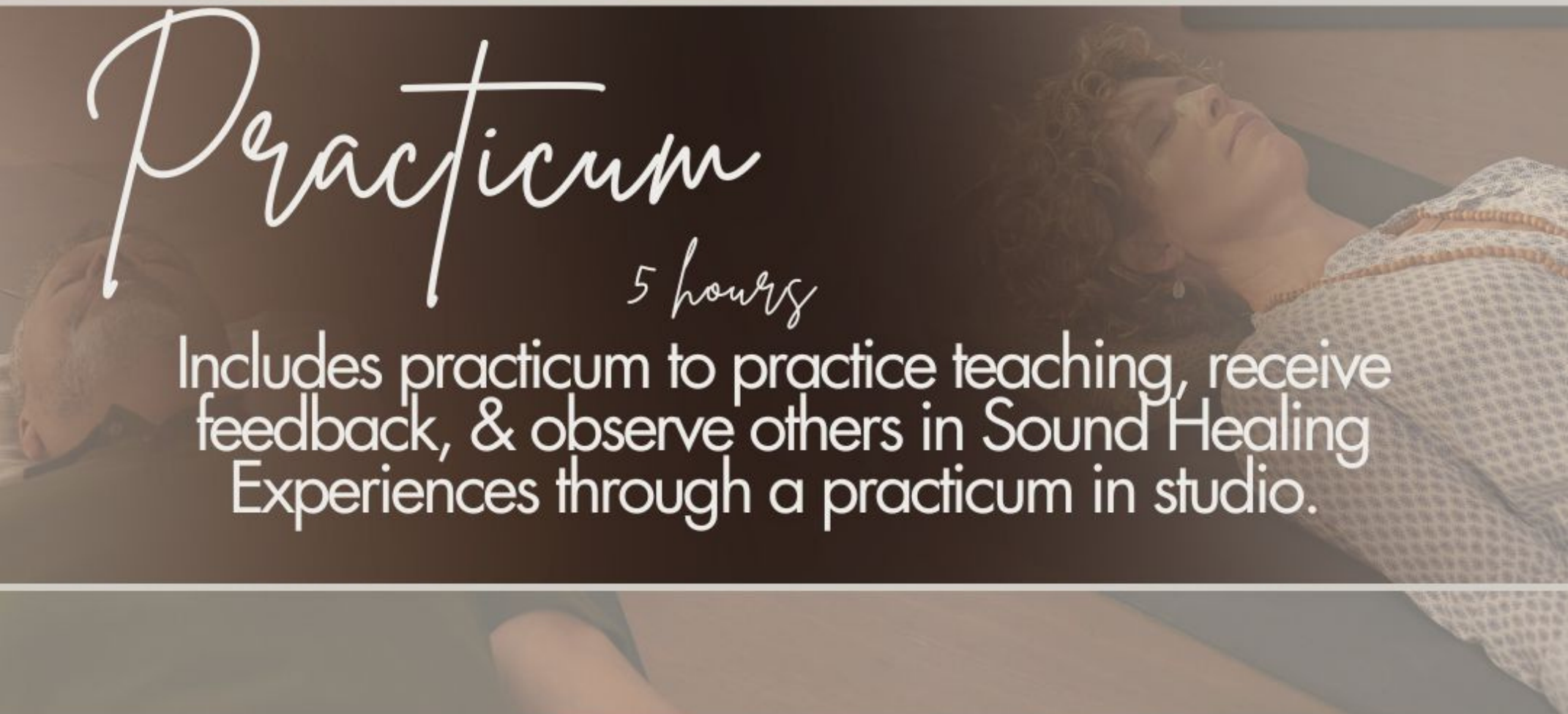
Includes sound and the chakra system and understanding how to use your energy to help heal and balance yourself balance, while using proper energy to play the instruments and bring alignment for wellness.



# Practicum

5 hours

Includes practicum to practice teaching, receive feedback, & observe others in Sound Healing Experiences through a practicum in studio.





" Shawna had a diverse/dynamic group, with each student taking the training for a different reason & had a varied way of learning. This is a challenge for any instructor, not just Shawna; however, she and the group flexed to get the most of our training. We learned the basics (gongs, bowls, chanting, chimes, drums, tuning forks), went outside of our comfort zone to learn about ourselves and ended up with a honest and supportive sound healing family."

# Benefits of Sound Healing

The benefits of sound healing are vast as this form of ancient therapy is scientifically proven to balance the mind and body providing healing and balance on a mental, physical, emotional, energetic, spiritual, social, and aesthetic level.

Research has proven sound healing has helped with countless diseases and sicknesses because it rearranges ions on the cell membrane, helps reprogram the subconscious and helps rewrite the DNA. Sound penetrates deep within all the vibrations that make us up and change us on a cellular level. We have 97% of unused (or "junk") DNA and sound healing speaks to this part of us. Sound healing instantaneously alters the body's biochemistry and brings the organs, muscles and nervous system into balance. It creates an altered state of consciousness which sets new thought patterns and creates old habits.

Sound Healing is said to heal all disease. Here are some (and not limited to) diseases scientifically proven to be positively affected by sound healing:

- Cancer
- Stroke
- Heart Disease
- Dementia
- Aphasia
- Autism
- Various psychiatric disorders including PTSD and schizophrenia
- Premature Infants
- Alzheimer's

## Research as found sound healing to:

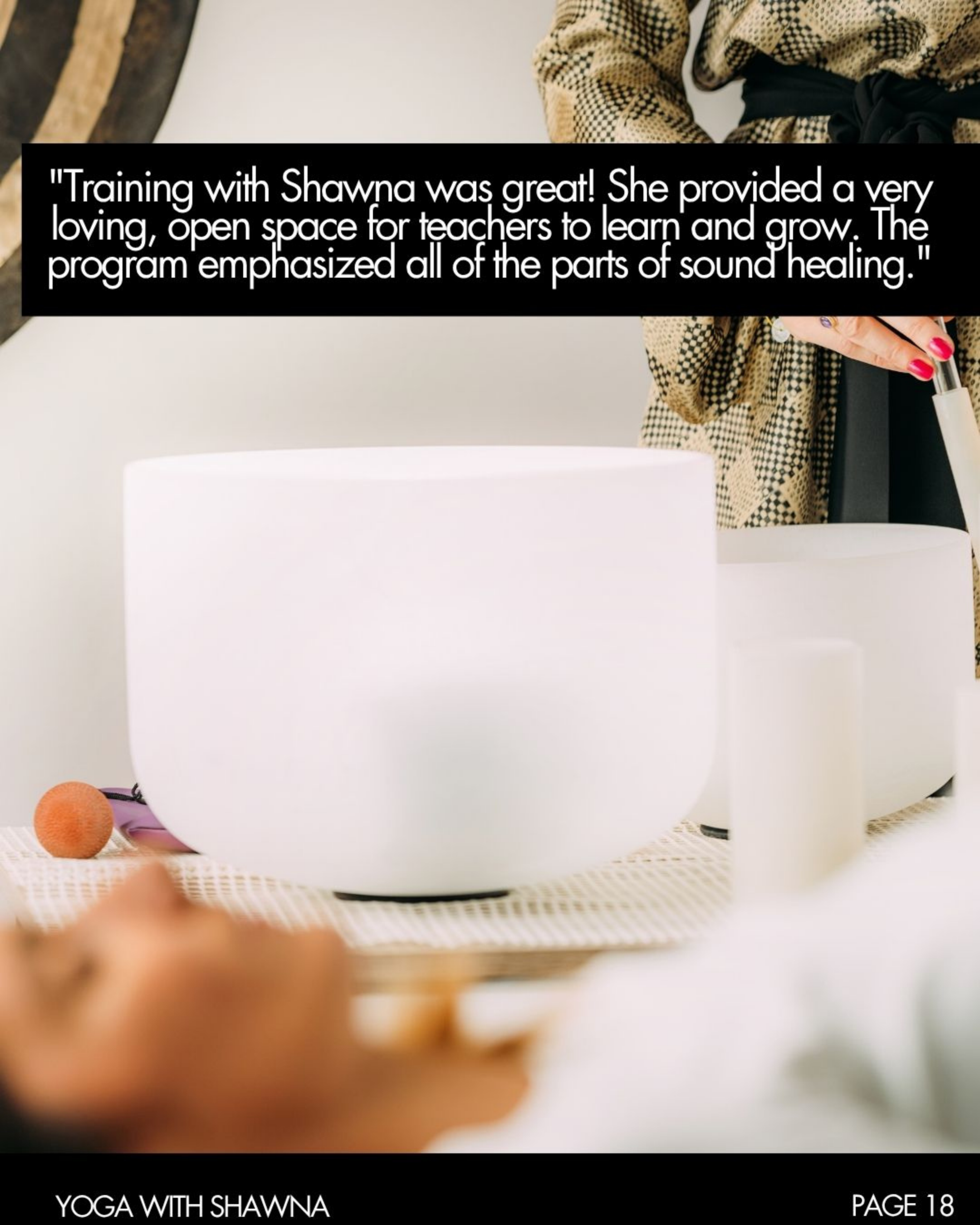
- improve heart rate
- balance the blood
- reduce anxiety
- provide healthy stimulation of the brain
- improve learning
- lower/relieve stress
- help accelerating the healing process after surgery (and provide stress release prior to surgery)
- teaches pain management
- lower risk for coronary artery disease and stroke
- improve sleep
- decreases mood swings
- lower blood pressure
- lower cholesterol levels
- lower anxiety, depression + worry
- improve memory
- increase blood flow
- enhances immune response
- creates an alkaline environment within your body

The background of the page is a photograph of several white, cylindrical candles of varying heights. They are placed on a light brown, textured burlap surface. In the upper left corner, a small portion of a green plant in a woven basket is visible. The overall lighting is soft and warm, creating a serene and natural atmosphere.

# Accreditation

This is an official, multi-accredited certification.

- Internationally Accredited 40 Hour through the Yoga Alliance (YACEP)
- Board Certificated through The American Association of Natural Wellness Practitioners (AANWP)
- Board Certification by the AADP (American Association of Drugless Practitioners)
- Course is a part of the 1000 HOURS Holistic Health Practitioner Program but can be taken a separate certification
- Course led by founder of Yoga With Shawna, Yosemite Yoga + Wellness, Desert Dimension, San Diego Yoga Festival + The Holistic Health Institute of San Diego, Shawna Schenk who has over 20 years of teaching experience, two Bachelor Degrees, one Master's Degree + over 25,000 hours of yoga teaching experiences + certifications

A person wearing a plaid jacket is shown from the chest down, holding a mallet and playing a large white singing bowl. The bowl is resting on a woven mat. In the foreground, there is a small orange ball and a purple object. The background is a plain, light-colored wall.

"Training with Shawna was great! She provided a very loving, open space for teachers to learn and grow. The program emphasized all of the parts of sound healing."

# what sets us apart

## FREE SOUND HEALING EXPERIENCES

As a student of the training you will gain access to take community sound healing classes offered at the studio for free along with small group, personal and one on one sessions.

## VAST TEACHINGS

This training is vast + diverse. It teaches how to teach private and community classes along with one-on-one sessions with various instruments both in person or online.

## SOUND TOOLS PROVIDED

This training provides access to practice with thousands of dollars worth of sound tools so you get to experience, hands on, the various instruments + practice to see what you like.

## CHANGE + HEALING

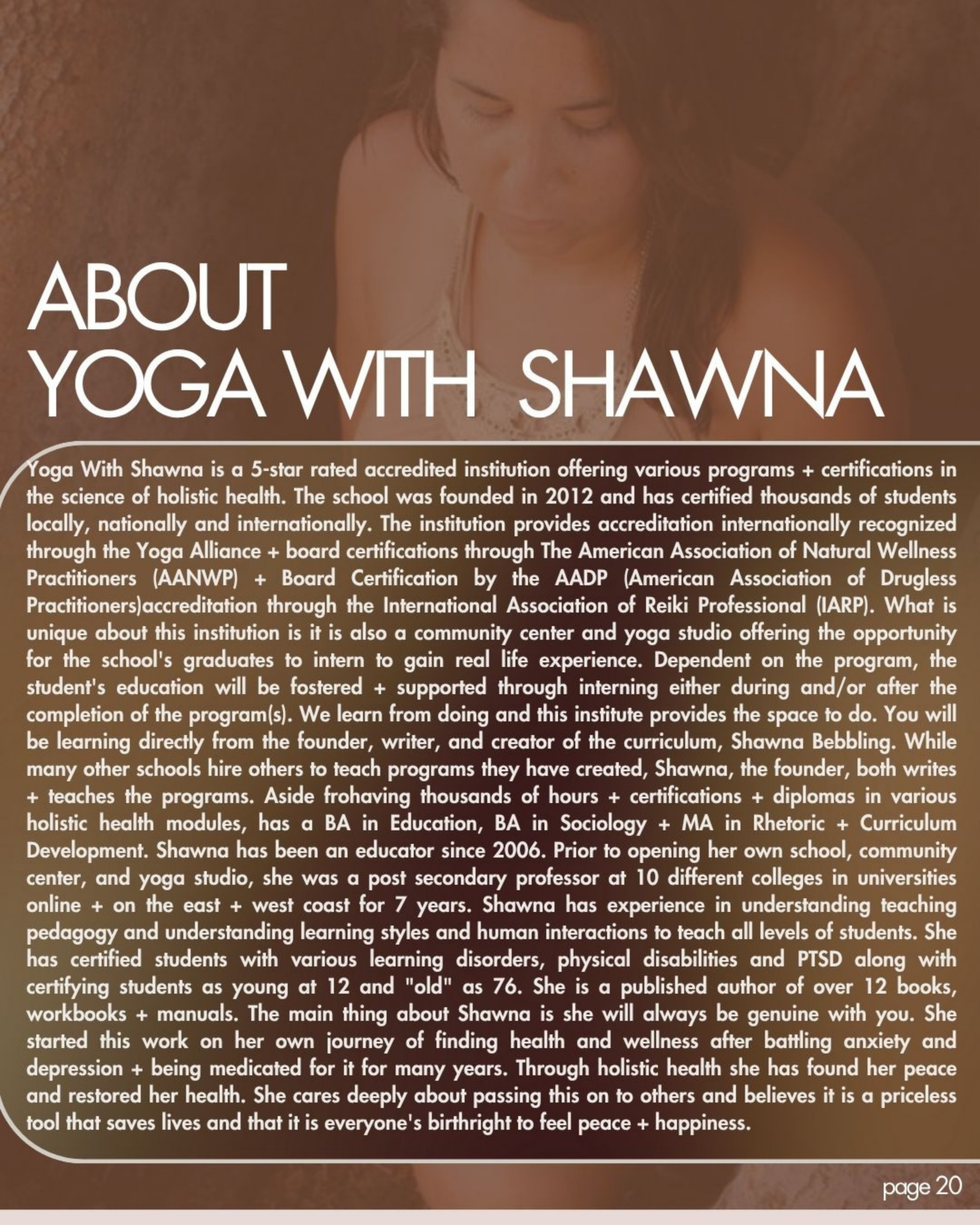
Through playing the instruments you "tune" yourself. From here you will be more balanced and healthier. The changes experiences in the self are huge as the power of sound will be experienced first hand by you.

## DISCOUNTS ON SOUND TOOLS

Having the right sound tools are important + Shawna hand picks each sound tool sold at the studio + blesses it with Reiki. Students + alumni of the Sound Healing Training program get 15% off all sound tools purchased through the studio + get an exclusive option for monthly payment plans on sound instruments.

## EXPERIENCED TEACHER

Shawna has been a teacher since 2004, has a BA in Education, BA in Sociology + MA in Writing + Curriculum Development. She is invested in your education and works directly and closely with each of her students throughout the training (and far after) because she cares. She uses her experience in owning multiple businesses and teaching skills to reach the needs of multiple learners so they get the most out of their education.



# ABOUT YOGA WITH SHAWNA

Yoga With Shawna is a 5-star rated accredited institution offering various programs + certifications in the science of holistic health. The school was founded in 2012 and has certified thousands of students locally, nationally and internationally. The institution provides accreditation internationally recognized through the Yoga Alliance + board certifications through The American Association of Natural Wellness Practitioners (AANWP) + Board Certification by the AADP (American Association of Drugless Practitioners) accreditation through the International Association of Reiki Professional (IARP). What is unique about this institution is it is also a community center and yoga studio offering the opportunity for the school's graduates to intern to gain real life experience. Dependent on the program, the student's education will be fostered + supported through interning either during and/or after the completion of the program(s). We learn from doing and this institute provides the space to do. You will be learning directly from the founder, writer, and creator of the curriculum, Shawna Bebbling. While many other schools hire others to teach programs they have created, Shawna, the founder, both writes + teaches the programs. Aside from having thousands of hours + certifications + diplomas in various holistic health modules, has a BA in Education, BA in Sociology + MA in Rhetoric + Curriculum Development. Shawna has been an educator since 2006. Prior to opening her own school, community center, and yoga studio, she was a post secondary professor at 10 different colleges in universities online + on the east + west coast for 7 years. Shawna has experience in understanding teaching pedagogy and understanding learning styles and human interactions to teach all levels of students. She has certified students with various learning disorders, physical disabilities and PTSD along with certifying students as young at 12 and "old" as 76. She is a published author of over 12 books, workbooks + manuals. The main thing about Shawna is she will always be genuine with you. She started this work on her own journey of finding health and wellness after battling anxiety and depression + being medicated for it for many years. Through holistic health she has found her peace and restored her health. She cares deeply about passing this on to others and believes it is a priceless tool that saves lives and that it is everyone's birthright to feel peace + happiness.



This was a life changing experience for me- it was everything therapeutic I had been seeking, and taught me what I needed to provide sound healing sessions and become my own business in doing so with all of the support from the teacher. I couldn't ask for more out of a training + have taken all of her trainings as a result of this first one."

# Investment

\$1999 [discounted rate, paid by first day of school]

2 payments of \$1019.49

3 payments of \$686.33

apply:

