



Tuning Fork Introductory Workshops



What is Sound Therapy?

Sound therapy uses different types of sound to create a therapeutic change. You can use a single instrument or combination of different ones, tuning forks, a piece of music, even the sound of your own voice to achieve a change.

How does it Work?

It works on the principle of 'sympathetic resonance' one vibrating object producing spontaneous movement in another. Whether you pluck a string, hit a drum, or hum a note you produce a spectrum of vibrations that radiate out from their source, influencing everything they touch. Whenever we listen to music or any type of sound, it initiates a global response throughout our whole system. The effect is rapid because sound uses the body's own pathways to travel at the speed of sound. We're literally "wired" for sound!

Why use Tuning Forks?

A tuning fork produces a single sound frequency. Their precision makes them a reliable 'tool' for producing accurate, 'pure' sound (very few harmonics). Our tuning forks are designed to be used as a series of pairs, maintaining the same frequency relationship, which produces a 'standing wave' of organized movement throughout your whole body.

What are the Benefits?

Our tuning forks promote a balanced movement of expansion & contraction radiating through the core of the body that helps regulate the central nervous system, rapidly producing a state of deep relaxation.

When deeply relaxed, your body can regulate itself more easily, releasing accumulated stress & tension, to function more efficiently. Pair 5 Sessions can be tailored to improve both your Physical health and/or your emotional well-being.

Sound Therapy: Tuning Forks Suggested Uses & Benefits

Beauty Therapists:

enhances relaxation during facials & other beauty treatments

Reflexologists:

tuning fork sessions would enhance the relaxing & realigning effect of your work

Hair Salons:

an innovative alternative for relaxing clients

Massage Therapists:

complementary pre & post sessions of all kinds of massage
increases relaxation & enhances re-alignment at all levels

Energy Balancing:

vibratory movement passing rapidly through the whole system
enhances energetic release, re-alignment & contact with self

Meditation:

deeply relaxing, calms the mind & body, enhances visualization & guided meditation

Personal Use:

alleviate all types of stress, release muscle tension, reduce physical & emotional discomfort, promote greater self-awareness

**Sounds Good?
Come & Try It for Yourself!**



Booking Information



School for INNER SOUND (UK)



Sheila Hill is a trained Sound Therapy Practitioner, creating individualized treatments. She uses tuning forks, therapeutic music & voice

Sheila's relationship with **INNER SOUND** spans over 25 years. She has been presenting talks, demonstrations and training courses in the UK since 2002. In 2005, Sheila became the Director of the School for INNER SOUND (UK) and is certified to teach a varied curriculum of the School's international education program.

Teaching Qualifications:

City and Guilds Teaching Certificate - Teaching Adult Learners
City & Guilds Level 4 Stage 1 Unit - Assessment Activities
City & Guilds Level 4 Stage 1 Unit - Resources

Practitioner-based Association Memberships

Assn of Physical & Natural Therapists (APNT)
British Complementary Medicine Assn (BCMA)
International Assn of Sound Therapy (IAST)

School-based Association Memberships:

British Complementary Medicine Assn (BCMA)
Complementary Medical Ass'n (CMA)

Sheila actively supports voluntary self-regulation of complementary therapy in the UK as Acting Lay Chair of the British Complementary Therapies Council. She is also co-founder of the UK's first member-based Sound Therapy Association.

Workshop Dates - 2017
Location - Twickenham

1-Day Workshop:
Hours: 10.00 - 4.00pm

Dates on Request for
Sep / Oct / Nov / Dec

Alternative dates or bespoke 1-2-1 training can also be arranged

Workshop only: 80.00
Workshop & Pair 5 Tuners: 145.00
Workshop & OM Tuners: 185.00

For bookings / enquiries:
T: 0208 891 3798 / 07752 160 078
E: sheila@inner-sound.co.uk

Payment:

1. Online bank transfer: (See P3 for details)
2. Credit card - use Paypal
@ www.inner-sound.co.uk/booking.htm

Web: www.inner-sound.co.uk
Join me on Facebook
www.facebook.com/innersound.co.uk





Booking Form



Please complete and return by email to register

Course Dates:

Name (for Attendance Certificate):

.....

Address (line 1).....

Address (line 2).....

City/Town:..... Postcode :

Tel No:..... Mobile:

Have you studied sound healing/voicework before? Please give brief details

Have you studied any other complementary therapies?

How do you plan to use the information you receive in this workshop?

Payment in advance required on all bookings

Bank Account Details:

Inner Sound (Arden Wilken) Ltd Account: 09-01-27 - 84006321

Course Fee: £ 80.00 REFERENCE: Your Last Name

With Pair 5 Tuners: £145.00 / with OM Tuners: £185.00



Tuning Fork Introductory Workshop



Workshop Outline

A practical one-day workshop, focused at providing simple guidelines for using tuning forks with confidence.

Topics include:

Why sound influences our body so rapidly;

How combining sound frequencies promotes relaxation;

Practice sessions under supervision - on yourself & others;

Detailed guidelines for using your Pair 5 tuners (included)

This workshop is for anyone looking for a simple and effective relaxation technique:

Beauty therapists (use during facials)
Reflexologists
Massage therapists
Hypnotherapists
Energy workers
Personal or family use

A safe and easy way to release stress. Ideal meditation tool.

Students get plenty of opportunity to experience and use INNER SOUND tuning forks under supervision, both on themselves and others.

Tuning Fork Introductory Workshop

Training Aim

To demonstrate the benefits of INNER SOUND tuning forks as a means of applying sound to the body, promoting deep & long-lasting relaxation at all levels.

Training Objectives

- Explain why sound & music are ideal 'tools for promoting movement in the body (sympathetic resonance)
- Demonstrate how to apply INNER SOUND tuning forks on yourself or with others

Teaching Methods:

Teaching techniques include: discussion; demonstration; hands-on practice; feedback and questions.

Learning Outcomes:

By the end of the workshop, students will be able to :

1. **define** the terms 'resonant frequency' & 'sympathetic resonance'
2. **understand** how to apply tuning forks
3. **apply** 2 types of Pair 5 tuning fork sessions

Benefit to workshop participants:

A practical workshop sharing experiences & theory presentations introducing a convenient & **simple** method of **sound therapy** that enhances all forms of **holistic & beauty** treatments.

Useful for clients, self, friends, or family as a relaxation method.