

PRIVATE TRAININGS

Sound Healing, Breathwork & Meditation



PERSONAL. POWERFUL. TRANSFORMATIONAL.

One on one trainings are designed around your goals, your pace, and your purpose.

You'll receive personal guidance, hands on experience,
and the confidence to lead and facilitate with skill and integrity.

All trainings include practices, manuals, and ongoing support.

CRYSTAL BOWL FOUNDATIONS

\$1,111 ♦ 4 hours

Learn the foundations of creating a crystal singing bowl sound bath including bowl selection, care, playing techniques, room setup, energetic flow, and how to confidently guide a simple sound journey from beginning to end.

TIBETAN SINGING BOWLS

\$888 ♦ 3 hours

Learn proper striking and playing techniques, on body placement, chakra applications, and how to create a complete Tibetan bowl experience.

BREATHWORK FACILITATION

\$777 ♦ 4 hours

Learn breathing techniques, safety, nervous system awareness, class structure, and how to confidently guide a complete breathwork experience.

MEDITATION FACILITATION

\$777 ♦ 4 hours

Learn to write and guide meditations using grounding, visualization, pacing, voice, and thoughtful class structure.

FULL SPECTRUM SOUND HEALING

\$3,333

♦ 8 hours

One 8-hour day with lunch

or

Two 4-hour sessions



Learn to confidently create and facilitate a complete sound healing experience using multiple instruments with intention, confidence, and flow.

TOPICS INCLUDE:

- Crystal singing bowls
- Tibetan singing bowls
- Tuning forks
- Chimes
- Gong
- Drums and percussion
- Voice and mantra
- Building a complete sound bath
- Room setup and creating an intentional space
- Creating a supportive and welcoming environment
- Guiding participants through a complete sound journey
- Creating flow from beginning to end
- Holding space through sound
- Safety, ethics, and professional considerations

Sound Healing, Breathwork, and Meditation trainings are also available for two people or private groups of up to 20 participants.

Contact us for group training options and pricing.