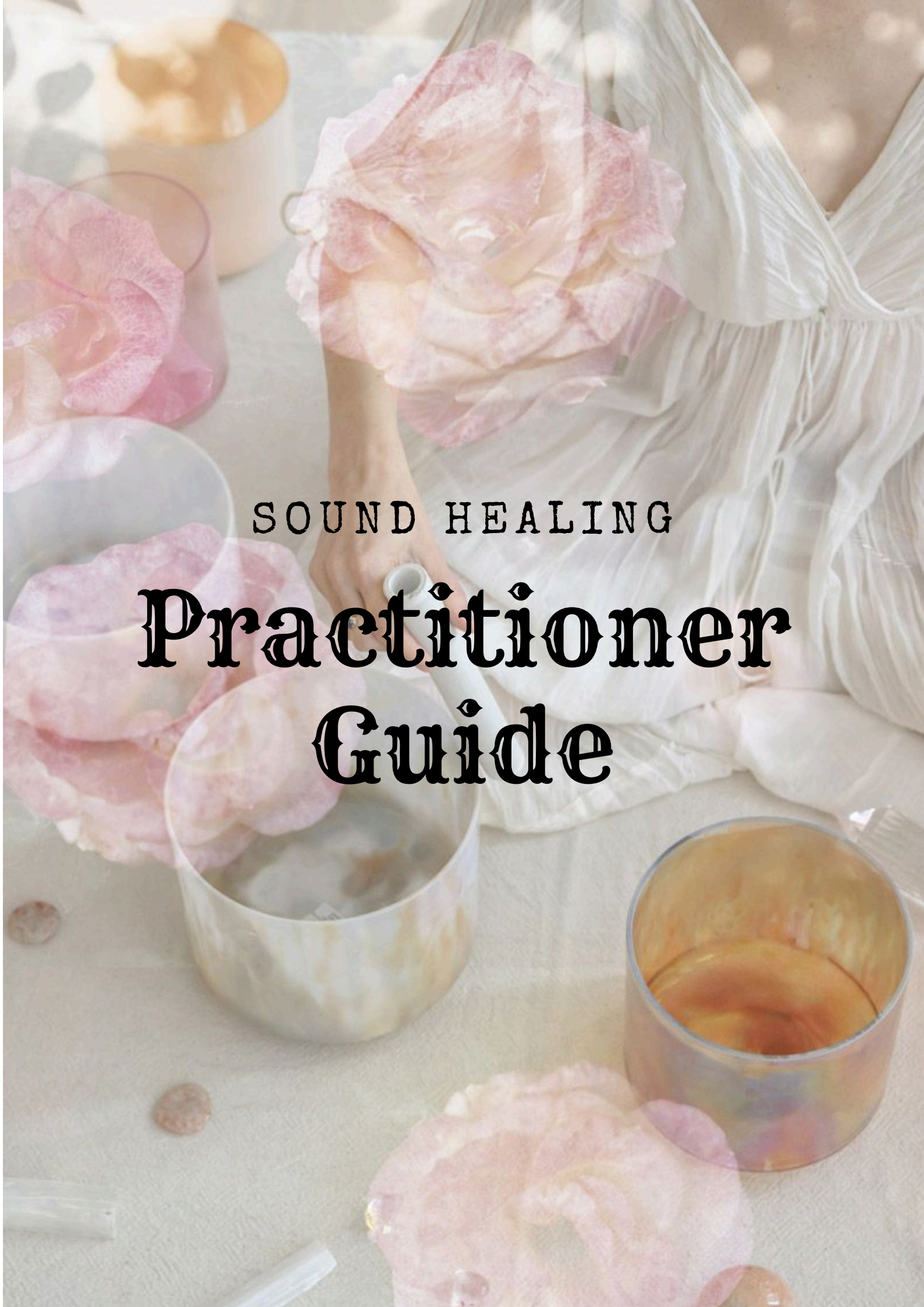


SOUND HEALING

Practitioner Guide

SOUND BATH FLOW

A Flexible Framework

A sound bath doesn't need to follow a rigid formula. Use this structure as a foundation and allow the sounds, the space, and the trance state to guide you.

1. ARRIVAL & GROUNDING: Welcome participants and invite them to settle into the space. Bring awareness to the breath and body. Create a sense of presence and safety.

2. OPENING: Create the intention and begin the journey.

3. JOURNEY: Work with different instruments, sounds, rhythms, textures, and moments of silence. Allow the experience to naturally build and evolve.

4. SOUND JOURNEY: Work with your instruments consciously, paying attention to volume, rhythm, silence, and the client's comfort. When reaching the end, gradually soften the sounds and create more space for stillness and inner awareness.

5. CLOSE: A moment of silence before bringing participants back. Give them enough time to reconnect with themselves.

MY SOUND BATH NOTES

Theme & Intention: _____
Space/setup: _____
Instruments: _____
Something I want to explore: