



SOUND HEALING

Transform the world with energy & sound





Student Welcome Guide

OmSacredSpace

WELCOME

TO YOUR JOURNEY INTO SOUND HEALING

Here you will learn how to work with singing bowls and other sound-healing instruments, explore meditation and energetic practices, learn how to create and hold a healing space, and discover how to guide both individual sessions and sound baths.

You will also learn how to LISTEN .
To listen to sound, to vibration, to your body, to the space around you, and to your own intuition.

Move through the lessons at your own pace and give yourself space to experiment. Your relationship with sound will develop naturally, so no need to rush.

“Before we learn to guide another, we first learn to listen within ourselves.”

Welcome to OmSacredSpace.

05 — THE SESSION
Bring everything together. Learn how to structure and guide a complete 1:1 sound-healing session.

06 — THE SOUND BATH
Discover how to create sound baths in different environments and work with different types of instruments.

07 — YOUR PRACTICE
Create your own sessions and packages to offering your unique way of working with sound.

