



SOUND HEALING ACADEMY

Continuing Your Course During COVID 19 - LEVEL 2 GROUPS

Due to the recommendations for Social distancing, as well as mandated Shelter in Place, we realize your options for continuing your studies have been limited. Therefore, to help you carry on with your course, we would like to offer suggestions for practice sessions and/or Case studies that also include an online option.

This present situation is bringing with it anxiety, fear, sometimes panic, incredible loss and overwhelm. It is a time of great uncertainty. We hope that you will turn to the tools and techniques that you have learned, and continue to learn. There is no better time than the present to begin or continue with a program of self-care, and healing, for yourself and others.

Our first suggestion in completing your practice sessions and/or case studies, is to offer sessions to those people who are currently residing in your home. Housemates, and/or family members (kids too!) make perfect attendees, and it can be of such great benefit at this time. You can use this time to get lots of practice in! Setup your sound bath as if you were playing for different group types, or themes. This is time to get creative! Even if you only have one or two people with you, you can still take all the steps required when offering an in person sound bath. You can also teach and use the technique that Tony recently shared in his blog post (link below) and practice along with the group.

[Self Healing Techniques Beneficial for Covid-19](#)

We also recommend that you continue with your sound healing studies including watching the videos, and reading the recommended books & resources. In addition – we encourage you to stay in touch with your tutor as well as other Sound Healing Academy Students and Practitioners through our Facebook page. We are all here to support one another. !

ONLINE PRACTICE SESSIONS/CASE STUDIES LEVEL 2 GROUPS

Using Live Sound

Before you meet with your group online, please be sure you have tested out all of your equipment, as well as the platform you will be using! It can be difficult to get good audio with live sounds, and it is important that you practice ahead of time, as well as get someone to provide you with good feedback. If you need assistance with how to use an online platform, and/or what equipment you may need to provide a better audio experience, please refer to the document _____.

If you are unable to get good quality audio for your sessions, please do NOT use this route for practice or your Case Studies! Instead, see below for **Using Pre Recorded Sound**. There are two sections – for Practice Sessions and For Case Studies.

Using Pre Recorded Sound

If you find that you are unable to get good quality audio for your sessions, we suggest that you pre record your sounds, and send the recording to your group via Dropbox, Google, etc. After your group listens to the meditation, you will be contacting them via Zoom or Skype.

You will create a Sound Scape based upon the chosen group type, as well as your intention for the session. Write out what words you will use to guide your group into your Sound bath. Remember to include space for silence, as well as grounding at the end.

These are the steps you will take:

1. Decide on what instruments/techniques & sounds should be used for the chosen group type.
2. Write your meditation.
3. Record your meditation, along with the sounds and instruments.
4. Make arrangements for your group to gather together. Let them know you will be contacting them on Zoom after they listen to check in, get feedback, etc.
5. Upload your recording to Dropbox, Google drive, etc. and share with your group.
6. Make contact with your group at the pre-arranged time on Zoom or Skype, etc.
7. Receive feedback, set any recommendations.

Conducting Your Practice Sessions Online - Level 2 – Groups

These are basic guidelines to follow for Online Sound Baths. You will also need to include the requirements that are required for your Case Studies. You will be following the same procedures in your Level 2 Course, and use the below as guidelines to help facilitate a successful online sound bath whether it is with live or recorded sounds.

What Your Client Needs to Do:

Before you meet with your group online, please discuss with them what they need to do to prepare. You can share the following with your group by email before the online meeting:

- Be able to position their device – computer, iPad, etc. so that you can view the group. They should not mute their outgoing sound during the sound bath.
- Wear comfortable clothes
- Arrange a place to sit or lie down comfortably that is free of distractions.
- Have water and tissues for each person nearby
- Be sure the lighting is not too bright
- Light a candle, or incense, or diffuse essential oils if desired

What You Need to Do:

- Prepare your space, and have your instruments arranged. Be sure the area will be free of distractions (phone off, kids and pets in another room)
- Wear clothes appropriate to do your work and cleanse and clear yourself
- After meeting and greeting your group, take a moment for a sound check - play a few instruments, and get feedback on the sound level from your group, adjusting distance from your computer or mic.
- If you are going to record the session, be sure to receive permission from your group
- Do your best to observe the groups' reactions during the sound bath so that you can make note of them later