



LEARN THE SACRED  
TRADITION  
OF HEALING

**The Shuniya of Sound  
Healing Certification Course**

WITH MASTER TEACHER AND  
PRACTITIONER  
**PAMELA LANCASTER**

**Bring this remarkable treatment to your spa.**

To inquire about Package pricing and scheduling a training of the  
"Shuniya Sound Healing Ceremony" for your spa and or destination  
resort email Pamela Lancaster or Dr. Tim Frank at  
[pamela@awakeningthedivineself.com](mailto:pamela@awakeningthedivineself.com) (or) [Timfrank@awakeningthedivineself.com](mailto:Timfrank@awakeningthedivineself.com)

Whether you're a Spa owner /professional Massage therapist, Chiropractor, or if you have never thought of yourself as someone with healing ability, you can use singing bowls to help yourself and others. During this intensive, weekend course you will learn to treat, as well as be treated, with Tibetan Singing bowls through a hands-on program that allows you to practice several healing protocols to complement your existing healing practice.

**Level I ( Day 1)**

Introduction – Himalayan Chakra Singing Bowl Therapy  
One and Two Bowl Therapy  
Hands-on course in how to play Himalayan Singing Bowls for sound and vibrational healing. Introduction to the history and lineage of the sacred singing bowls and how they're made, explore the range and pitch of different bowls and learn techniques for rubbing, striking and playing bowls and Tingsha.

One and Two Bowl Healing: Learn how to effectively use one or two bowls without needing a whole set based on a bowl's unique tone and positioning. This class is also specifically designed for healing practitioners and those wishing to learn how to facilitate treatments with the use of a massage table. (8 Hours)

**Level II ( Day 1 & Day 2 )**

Intermediate Course Day 1 – Himalayan Chakra Singing Bowl Therapy  
Four and 5 Bowl Therapy Techniques  
Learn to tonify the body and bring deep relaxation. Hands on energy healing modalities as well as 4-5 bowl placement around and on the body. Clearing with Tingshas. (6 Hours)

Intermediate Course Day 2  
(Prerequisite: Level I and Level 2 – Day 1)

Learn the use of bowl placement and the importance of sound intervals as well as the 1st , 2nd and 3rd protocols of treatment. Techniques using 7 Chakra bowl Techniques Covering warm water therapy practices, balancing the chakras, and healing prayer techniques. This course will discuss the importance of intention, discussion on puja, setting up the healing environment, and how to conduct a session with a client. (8 Hours,)

**Advanced Level III**

(Prerequisite: Level II) (Two Day Training)

Advanced Level III- Himalayan Chakra Singing Bowl, Using 7 Bowl Therapy Techniques  
You will learn protocols for specific health issues. This workshop will cover advanced protocols VI and VII techniques, using advanced warm water therapies, and postures for special needs clients, including treatments to ease depression, anger, and stress. This will be a lecture and hands on course. Bowls will be provided for practice. (12 Hours)

For more info see our websight  
[www.awakeningthedivineself.com](http://www.awakeningthedivineself.com)