

## Basic sound healing Certificate course

### What we learn.....

- **Introduction class –**
- **Meditation class –**
  - How to do meditate your body
  - Types of meditation
- **Singing bowl Wikipedia –**
  - Types of singing bowl
  - How does it works for body
  - Singing bowl playing method
  - How to choose best singing bowl
- **Human Chakras –**
  - About Human chakras
  - Types of chakras
  - Major chakras
  - Minor chakras
  - Health and chakras
- **Chakra healing with chakra set singing bowl**
- **Head therapy with singing bowls**
- **Sole therapy ( for balance the blood pressure)**
- **Body massage ( for relief all kinds of muscular pain )**
- **Mind wash therapy with 3 singing bowl**
- **Crystal testing methods and use crystal healing**
- **Singing bowl cleansing**
- **Group healing**
- **Relaxing therapy**
- **Class summary ( revision )**
- **Exam & gaming**
- **Discuses about problem and solutions**