

SUPREME Yoga of Sound and Energy Healing

50h Teacher Training in Bali

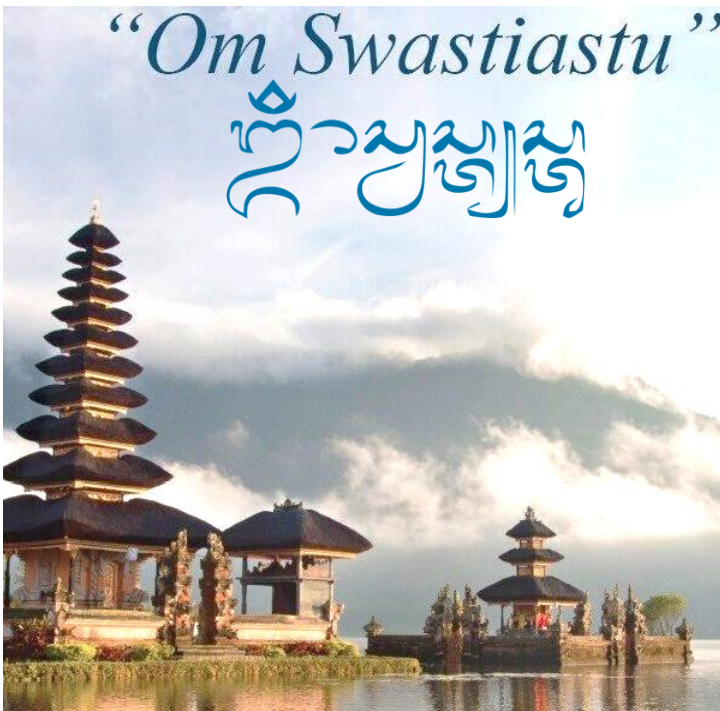
4-9 January 2025, Radiantly Alive



Sound Energy Medicine Practitioners' Association
Sound Academy Bali

SUPREME Yoga of Sound and Energy Healing

Welcome on Activation Journey for Facilitators of Sound & Energy Healing Circles



GRATITUDE

Mama Bali blessed us, opening its gates to all its beauty, cultural and spiritual heritage, and community with deep roots.

We are honoured to share ancient **ENERGY & SOUND HEALING** practices in this sacred land, surrounded and nourished by the treasures of its nature and people.

It's here where we can fully realize the role of a Human being the Bridge between the Sky and the Earth.

Experience with us ancient Balinese traditions of daily Gratitude Prayers to Heaven, Earth, and Ancestors, Mantras chanting, and Blessing Ceremonies with Fire (Agni Hotra) and Water (Melukat)...

SUPREME Yoga of Sound and Energy Healing

OUR HEALING MISSION



Welcome to Our Sound Family

We are conscious community of Light Leaders who carry the Light Seeds via the art of Sound & Energy Healing.

We unite musicians and healers who dedicated their life and soul journey to awakening people through Sound.

We offer Sound Teacher Trainings and Sound Retreats, which bring true change by reconnecting with harmonic resonance within, and prepare new generation of Sound Healing facilitators, who become true Creators of New Earth, sharing this resonance in their community.

Our activity is dedicated to offering education in sound energy medicine, merging ancient knowledge and latest scientific research, uniting sound therapists, sharing latest publications on sound healing, organizing public events, and facilitating scientific studies.

Today, we have over **300 graduates around the world**, which integrate sound therapy at hospitals, hospices, charity organizations for children, elderly, disabled and military, centres for post-traumatic support, in yoga and meditation classes, Reiki and other massage therapies, for healing and wellbeing of community, embodying true Creator of New Earth.

SUPREME Yoga of Sound and Energy Healing

Full Immersion Teacher Training Retreat in Mother Bali

Pure Bliss for the Soul

Our **SOUND & ENERGY HEALING TRAININGS** are **FULL IMMERSION RETREATS** not only into the power of Sound & Energy Healing, but also connecting with Balinese culture and its vibrant traditions, with the Nature Temple: purifying and harmonizing energies of the rainforest, the ocean, and the waterfalls, creating a tapestry of experiences that resonate with the heart and soul, bringing profound life changes.



SUPREME Yoga of Sound and Energy Healing

50h Teacher Training, unifying sacred practices of Sound and Energy Healing

This is the first Teacher Training of this kind in the world, preparing the Facilitators of Sound Healing Journeys, able to integrate various Sound and Energy Healing techniques for group circles & individual sessions



SOUND HEALING

Discover and learn the art and science behind healing with:

- Himalayan and Crystal Singing Bowls
- Tuning Forks
- Medicinal Drums
- Hand Pans
- Mantras and Medicine Songs
- Activate and Empower Your Voice
- Inspire Your Community with Sacred Sound Space Holding, Heartful Ceremonies & Kirtans

Spiritual Coaching

Receive invaluable spiritual coaching sessions to empower your growth

ENERGY HEALING

Learn how to integrate various Energy Medicine methods from Yogic and Daoist traditions:

- Meditation
- Breathwork
- Guided Journeys to Akasha
- Qi Gong Meditation in Action
- Dao Cosmic Healing
- Yoga Nidra

Embrace the knowledge of Sacred Geometry of the Universe, Human, and Sound, Energy Anatomy, diving deep into Chakras, Nadis/Meridians, and 5 Elements

Practice in open friendly creative community to step fully into a new role

SUPREME Yoga of Sound and Energy Healing

50h Teacher Training PROGRAMME

DAY 1: WELCOMING TO SOUND FAMILY

Introduction. Setting up Intention. Opening Circle.
Blessings Ceremony with Balinese Priest(ess). Agni Hotra.
Blessed Dinner



Discover the profound essence of Agnihotra, a sacred ritual merging simplicity with divinity. Allow the gentle flames of offering to let go and illuminate your spiritual path, ushering in blessings and harmony. In each ceremony, simplicity serves as a conduit to deep serenity. Agnihotra, translating to 'sacrificial fire', entails the offering of ghee, grains, and flowers into a small fire, typically within a pot or designated vessel, accompanied by the priest's chanting of mantras to invoke the presence and benevolence of the divine.

- **Preparation:** The ceremony typically begins with thorough preparation. This includes gathering the necessary ingredients for offerings, such as flowers, fruits, rice, incense.
- **Invocation:** The ceremony usually starts with an invocation to the deities and spirits, seeking their blessings and protection throughout the ritual, chanting of mantras or prayers by a priest. Gratitude is expressed to Earth, Heaven, and Ancestors.
- **Lighting the Sacred Fire:** A sacred fire is lit on the altar. Fire holds significant symbolism in Hindu-Balinese culture, representing purity, transformation, and the presence of the divine.
- **Offerings:** Participants make offerings to the Divine. These offerings typically include flowers, fruits, and rice. Symbolic gestures like waving incense or sprinkling holy water are also performed.
- **Chanting and Prayers** praise the deities and Divine, seeking their blessings & expressing gratitude.
- **Intent:** The ceremony usually serves a specific purpose, such as marking a significant life event, seeking blessings for prosperity and well-being, honoring deities and ancestors. Participants focus their intentions on this purpose throughout the ritual.
- **Conclusion and Distribution of Prasad:** After the ceremony, the blessed offerings, known as prasad, are distributed among the participants as a token of divine blessings.

SUPREME Yoga of Sound and Energy Healing

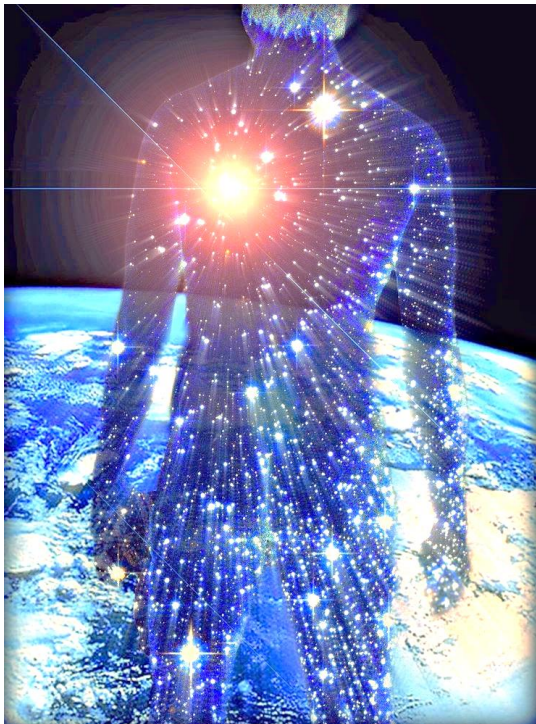
50h Teacher Training PROGRAMME

Day 1: FOUNDATIONS OF ENERGY MEDICINE

Morning Session: All is Energy:

Practices expanding consciousness and perception. What is Sound & Energy Medicine? Foundations of QUANTA Energetics.

- Sacred Geometry of the Universe, Human, and Sound
- Sacred Anatomy of Human in Yogic and Daoist perspective: Chakras, Nadis/Meridians, 5 Elements and organs
- Theory & Practice: Power of Gratitude
- Theory & Practice: Connection with Earth and Heaven
- Theory & Practice: Yogic and Daoist Practices with Light: Yoga Nidra and Dao Cosmic Healing
- Theory & Practice: Yogic and Daoist Breath Practices
- Scientific Evidence beyond the Power of Meditation



Future is Frequency Medicine.

- Science Beyond Sound Healing
- Real Case-Studies

Evening Session:

Yoga Nidra and Sound Bath

SUPREME Yoga of Sound and Energy Healing

50h Teacher Training PROGRAMME

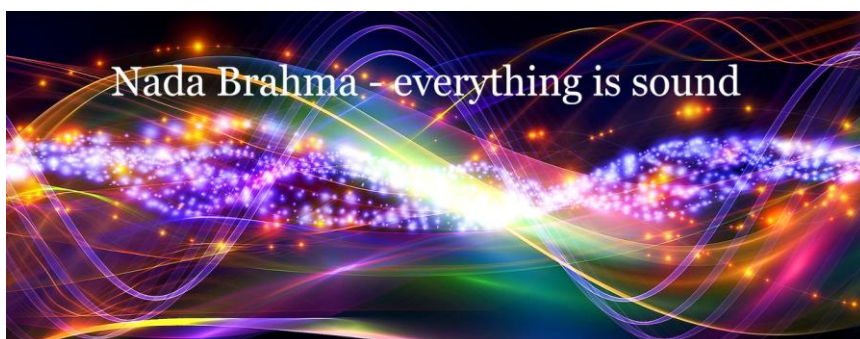
DAY 2: NADA: YOGA OF SOUND. Your True Voice Empowerment

Morning Session: Voice Empowerment:

- Voice as Healing Instrument Activation
- Techniques for warming up voice
- Healing power of the vowels. Chakra Toning: Yogic, Tibetan, and Daoist practices
- Group Blessings / Partner Work. Soul Song.
- Nada Brahma Meditation

Afternoon: Name Blessing Ceremony

Blue Lotus Tea/Cacao Ceremony and Spiritual Coaching Workshop on finding True Voice in becoming the Creator of New Earth



SUPREME Yoga of Sound and Energy Healing

50h Teacher Training PROGRAMME

DAY 3: SINGING BOWLS

Morning Session: Theory

- Protection & Space Opening Ceremony
- History of singing bowls
- Science behind healing with singing bowls
- Handling Techniques
- Techniques for Meditation & Self-Healing

Afternoon Session: Practice

- Technique of Full Body Massage with singing bowls
- Practice of healing on each other



SUPREME Yoga of Sound and Energy Healing

50h Teacher Training PROGRAMME

DAY 4: SOUND BATH with HIMALAYAN & CRYSTAL SINGING BOWLS

Morning Session:

- History and techniques for Himalayan & Crystal Singing Bowls
- Deep dive into understanding energy anatomy and Chakras
- Learning Sound Bath technique “7 Chakras Harmony”
- Practice on each other

Afternoon Session:

- The Power of Five Elements
- Sound Bath “5 Elements Harmony”
- Dao Cosmic Healing: transforming conflict cycle into creative cycle (Qi Gong Balancing 5 Elements)
- How to hold Space for Sound Baths
- Integrating Meditation, Breathwork and Guided Journeys into Sound Baths
- Starting to discover various instruments for Soundscapes and Sound Journeys: medicine and ocean drums, wind chimes, rain-sticks, crystal triangle, foundations of tuning forks, hand-pan, flute, diggeridoo, monochord and other instruments.



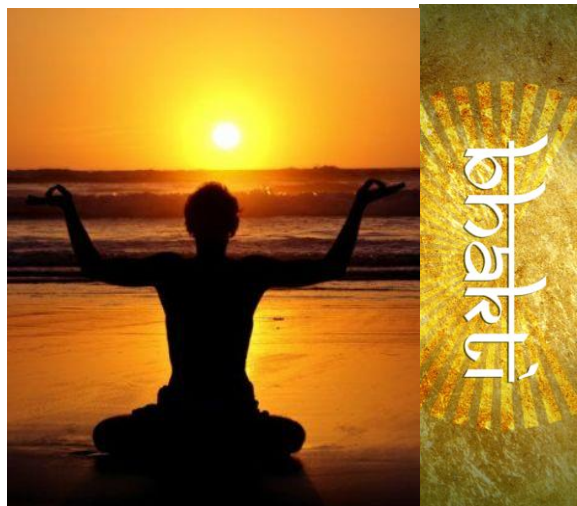
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DAY 5: MANTRAS. MEDICINE SONGS. KIRTANS

Morning Session:

- The Power of Mantras as shared in ancient spiritual traditions
- Mantras for life transformation: Ganesha, Lakshmi, Saraswati, Kali, Hanuman, Gayatri Mantra, Om Asatoma
- Dasha Maha Vidyas : 10 Shakti Goddesses
- Learning, Understanding, and Chanting Mantras & Medicine Songs



Afternoon:

Empowering yourself in practice opening, Legalities, Management, Coaching



SUPREME Yoga of Sound and Energy Healing

50h Teacher Training PROGRAMME

DAY 6: HOLDING CIRCLES. PRACTICE

Every participant facilitates their own Sound Healing Journey for a group
After each session we have a creative discussion

Graduation Celebration

Closing Circle and Setting Up an Intention for Abundance in practice



- The programme may vary in accordance with the group flow

SUPREME Yoga of Sound and Energy Healing

50h Teacher Training PROGRAMME

SPECIAL BLESSINGS by REQUEST

By request of the group, we may go for Melukat Water Blessing Ceremony to the Temple (booked additionally, 100USD per person)



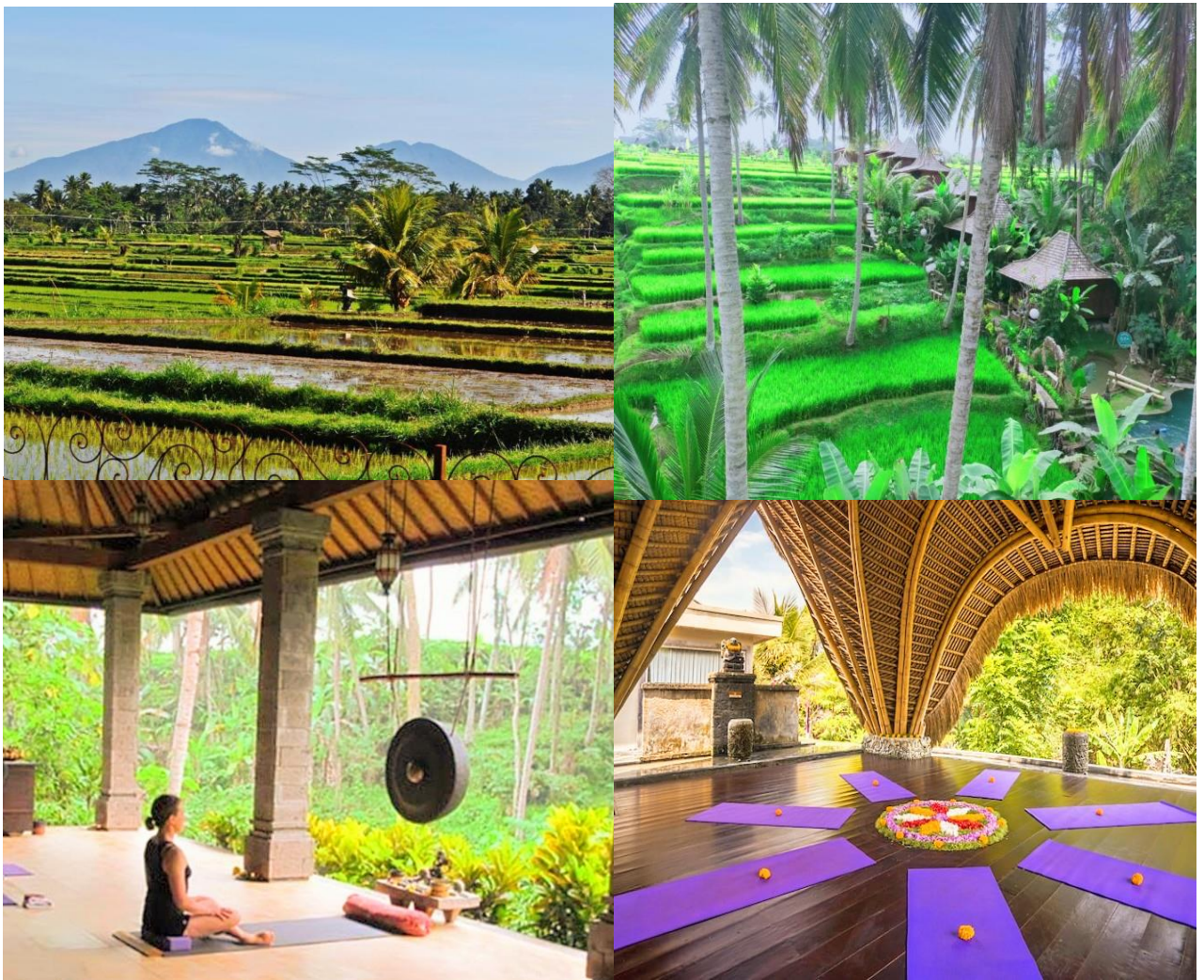
SUPREME Yoga of Sound and Energy Healing

Accommodation

UBUD, BALI

There are many options of comfortable accommodation in Ubud. Villa, where the Teacher Training will be taking place, is located in the heart of Ubud.

Whichever area of Ubud you choose to call Home, it's usually 5-15min drive on taxi / motorbike that you can book via GoJek or Grab apps, or walking



SUPREME Yoga of Sound and Energy Healing

Costs

Residents

USD ~~1200~~ 1100

We offer Special Offer for those booking before Nov 26, 2024 – just \$1100 This includes participation in Teacher Training and Certification as a Sound Therapist registered at Sound Energy Medicine Practitioners Association UK). With this Certificate you can apply for Insurance and start your Sound Healing practice

Dinners are included on Day 1 and Day 5 Celebration evenings

Food



+ **Breakfast/Lunch/Dinner**
At Radiantly Alive cafe

Due to high variety of food preferences, food allergies, etc, we encourage you to explore various possibilities for food. There's amazing café at Radiantly Alive yoga studio, but also so many amazing cafes for all food preference within 5-10min walk.

SUPREME Yoga of Sound and Energy Healing

OPTIONAL SOUND HEALING STUDY MODULES

We understand that immersion into Sound & Energy Healing is a life-long journey.

There are so many instruments to discover!

We offer additional modules that you can book to continue your study, and we will arrange the course for you, depending on availability.

OPTIONAL MODULES. LEVEL 2



2.1 TUNING FORKS:

USD 200
2 half-days

2 Days Immersion into Science of Chinese Medicine and Healing with Tuning Forks

- AcuPoints for self-healing and healing others
- Tuning Forks individual and group healing
- Integrating Tuning Forks in Sound Baths with other instruments



2.2. HANDPANS:

USD 200
2 half-days

2 Days Immersion into The Magic of Harmonic UFO.

- Techniques and Practices
- Integration of Hand Pans into Sound Baths

SUPREME Yoga of Sound and Energy Healing

OPTIONAL SOUND HEALING STUDY MODULES

OPTIONAL MODULES. LEVEL 2



2.3 MEDICINAL DRUMS & JEMBE **USD 200**
2 half-days

2 Days Immersion into Vibrant Rhythms of Drums

- Healing with Medicinal Drums
- Healing with Jembe
- Integrating Drums into Sound Baths

OPTIONAL MODULES. LEVEL 3



KIRTANS, MEDICINE SONGS, and
HEARTFUL CIRCLES

DM

5 Days Immersion into Mantras, Medicine Songs, and the Art of Holding Ceremonies and Kirtans

SUPREME Yoga of Sound and Energy Healing

OPTIONAL ENERGY HEALING STUDY MODULES

Lola Lhamo is a REIKI Master, having studied Energy Arts from the age of 9. She received many teachings from various traditions, having spent years with Indian Yogis, Tibetan Lamas, Indonesian Sadhu, and currently continuing studies of Qi Gong & Daoist Medicine at the Daoist Temple in China, Wudang Mountains. Lola is certified Acupuncturist.

OPTIONAL MODULES. QUANTA REIKI

Lola created QUANTA Energetics ~Reiki course, which takes you beyond traditional Reiki courses... .If you feel it resonates, reach Lola to enquire.

You can see online Program as an example here:

<https://soundenergymedicine.com/course/quanta-energetics-2022/>



Activation Journey For Creators of New Earth

Reiki Levels 1-2 Transmission
with Lola Lhamo

Embody CREATOR of NEW Earth
Facilitate Change in the world

- FOUNDATIONS Abundance, Power & Peace
- PATH to HIGHER SELF
- iCREATE Spiritual Coaching
- Quantum Healing & Akashic Records
- Breath, Meditation
- QiGong & Dao Cosmic Healing
- SELF-REALIZATION & LEADERSHIP
- BEING CREATOR of NEW EARTH

2 weekends
Invitation to Retreats in Power Places
Global CREATORS Manifestation Group

USD 333
2 days Level 1

2 days Level 2
100h Online Training
available

OPTIONAL MODULES. LONGEVITY QI GONG, TAI CHI, WUDANG SWORD



2 Days Immersion into Daoist Arts

Individual Programs are possible

You can see online Programme as an example

<http://quanta.earth/course/wudang-qigong-online/>

USD 333
2 days

SUPREME Yoga of Sound and Energy Healing

OPTIONAL INDIVIDUAL HEALING SESSIONS



Lola Lhamo

Founder of Sound Energy Medicine Practitioners Association and [QUANTA Bio-Energy Centre](#) (London, UK), and global platform for [Creators of New Earth](#). Ambassador of Conscious Leadership.

Musician and Healer, initiated into Tibetan Nyingma Buddhist Tradition & Buddhist Mind Yoga, built Stupa of Enlightenment at Roerich Museum. Received transmissions from Tibetan Lamas, Sanatan Dharma with Sri Aurobindo community, Hatha, Kriya, Nada and Bhakti Yoga with Indian Yogis, Energy Healing with Javanese Mystic Mbah Muryono Mas, Daoist Medicine. Sound & Energy Healing from Li Shifu (Five Immortals Temple, Wudang, China). Student of Balinese Priestess Mama Ati.

Teacher of Yoga (500h), Qi Gong & Tai Chi, QUANTA Energetics (Reiki, Meditation, Breathwork), Spiritual Coach.

Lola's intention in holding space is to bring the experience of wholeness, awakening to true essence within.

Lola shares QUANTA Energetics healing sessions, combining Sound & Energy Healing. She is also certified Acupuncturist and offers full diagnostics & acupuncture.

Spiritual Coach & Medium.

www.LolaLhamo.com

www.Quanta.Earth

www.Creators.Earth

www.instagram.com/lolalhamo/

www.instagram.com/soundenergy.medicine

SUPREME Yoga of Sound and Energy Healing

OPTIONAL INDIVIDUAL HEALING SESSIONS



Susanne Anaya

Meditation Teacher & Sound Healing Facilitator. Artist by heart & craft, Susanne gave up a successful career in the international fashion industry & metropolitan lifestyle to listen to her inner voice, retreat into nature and deepen her path into Yoga, Meditation. and Sound.

Already as a child, Susanne was soaking up the wisdom of meditation practices, as these formed a part of her mother's daily practice. Her love for sound and energy healing were also very present and later in life she actively and playfully started exploring these realms for her benefit. Susanne explored different yoga, tantra and meditation techniques and traditions.

She studied with renowned teachers and now shares sound healing & meditation, as well as Kundalini Activation, to connect people to their true nature. Meditation taught Susanne how to listen within, to trust her feelings, body and intuition. It helped her to embody self-love and live a life of purpose, joy and fulfillment.

It is Susanne's life's work to pass on these powerful tools of awakening, and to create safe spaces for authentic self-expression, embodiment and healing so we may all step into our full potential and experience the blissful nature that is inherently within.



www.instagram.com/susanneanaya/

SUPREME Yoga of Sound and Energy Healing

BOOKING & CONTACTS

Welcome to our Sound Family!

For any questions, reach us by email info@soundenergymedicine.com
or WhatsApp to

Lola Lhamo
Susanne Anaya

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+62 812 3676 6486

Thank you and many blessings
We are looking forward to sharing with you!

