

# Tibetan Singing Bowls Level I Training

October 16-17, 2015 Phoenix, AZ Fee \$499.00

Friday October 16th, 7-8pm Meditation open to the public

Expand Your healing services and offerings to others



Jane Shallberg, M.Ed., MT-BC is a Board-Certified Music Therapist and Teacher Certified Himalayan Singing Bowls practitioner. She shares her passion for this ancient healing art through individual and group sessions, workshops, consultation and lectures. She is currently in private practice in Arizona.

## Learn to Heal with the Singing Bowls

Friday night Meditation 7-8 pm open to the public  
\$20 at the door. Bring a mat and dress comfortably.

Saturday training 8am-5pm (Friday evening  
meditation included in training fee)

**Location: Doubletree Inn by Hilton,**

**2100 South Priest Drive, Tempe, AZ 85281**

Hands-on course in how to play Himalayan Singing Bowls for sound & vibrational healing. Introduction to the history and lineage of the sacred Singing Bowls and how they're made, see different bowls available and learn techniques for rubbing, striking and playing bowls and Tingshas. 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 specifically designed for therapists, medical professionals, healing practitioners, body workers, or those wishing to develop their own self-healing practice. Beginners welcome. **This is the first of Three Levels of Certified Traditional Himalayan Singing Bowls trainings to be offered.**

Space is limited. Please register by 9/16/15 to insure your spot.

Please call or email Jane with questions or for more information. 480-335-6162

[janshallberg@gmail.com](mailto:janshallberg@gmail.com) or [soundandmusictherapy.com](http://soundandmusictherapy.com)

Please send payment to : Jane Shallberg, 2221 S. Sierra Vista Drive,  
Tempe, AZ 85282