



Disharmony can manifest in the body as stress, tight and sore muscles, and fatigue, creating blockages to our Qi or natural energy flow. The sound wave created by Ohm Tuning Forks works like kinetic energy, moving tension from the body while restoring a sense of well-being. Ohm Therapeutics™ is a simple and effective method of applying Ohm Tuning Forks to help move stagnation, regulate the Qi and blood, reduce inflammation and pain, and bring the body to homeostasis, where profound healing begins.

SOUND HEALING FOUNDATIONS covers theory, technique and therapeutic application of tuning forks. Learn to apply sound to the body, including specific acupressure, anatomical, reflexive and spinal points, as well as muscle, tendon and fascia. Students will experience receiving and practicing sound healing treatment protocols learned in class.

ॐ WHY OHM?

The Ohm vibration is a powerful catalyst for accessing our body's innate healing ability. Ohm is an earth tone, and is universally considered sacred and healing; it is clinically shown to be a safe, effective and therapeutic sound frequency.



The Spinal Points (known in Oriental Medicine as the *Huatuo Jiaji*) will be featured as they are reflexive to all the organ system and the entire body, making them a beneficial and versatile treatment protocol. Tuning fork application complements many healing modalities, and combines extremely well with Acupuncture and Acupressure, a wide variety of Massage Therapy techniques, Cranial-Sacral, Chiropractic and Polarity Therapies, and energy work such as Reiki and EFT.

Students will also experience beautiful ambient sound healing music designed to harmonize with Ohm Tuning Forks, which enhances their effectiveness during a treatment.



REQUIRED CLASS TOOLS: #MID-SET (2 Mid Ohm Tuning Forks); #LOW-OHM (Low Ohm Tuning Fork); #PR-ACT (Practitioner Activator); #BK/DVD *Sound Healing: Vibrational Healing with Ohm Tuning Forks* (Textbook is discounted 50% for enrolled class participants).



HIGHLY RECOMMENDED: Foundations: Level I Class Tools Bundle (available at soundhealingtools.com. Sound Healing CD's: *There's No Place Like Ohm, Vols. 1 & 2; In the Key of Earth; Ohm—A World in Harmony (Ohm Drone)*

NOTE: Level I is prerequisite to Level II: SOUND BODY™ an advanced two-day training that features a powerful core body treatment (including neck and face), using four octaves of Ohm, and introduces Luna™ Tuning Forks and the beneficial interval of the Planetary 5th™, plus music and sacred geometries. Learn additional sound layering and Chakra balancing techniques while working with the spiral energy of the body for a holistic and highly effective Sound Healing treatment.

CLASS INSTRUCTOR: Samantha Jennings, DR. TCM, Registered Acupuncturist. To learn more or sign up for class, email doctorsamj@zianet.com.

*Early Registration Discount: \$400 (one month prior to class)