

**CHRIS ROLAND SOUND HEALING COURSES  
CRYSTAL SINGING BOWL COURSE  
23 March, 2025**

**Course Fee - R528 pp**

**If needed, accommodation available from R850 - R1250 pp/pn (course participants shared exclusive use of entire house)\***

1 x ensuite with queen bed

3 x room with 1 full bathroom and 1 half shared bathroom

1 x 1 bedroom flatlet with open plan lounge/kitchen and bathroom

*\*Accommodation is not required - students may choose to return home each day*

**Time:**

9am - 3pm

**What To Bring:**

-*Crystal Singing Bowls* (if you have, but not required - bowls will be available)

-*Yoga mat or camping mat & pillow*

-*Water bottle*

-*Eye cover*

-*Warm clothing* (just in case)

-*Light blanket or sari to wrap yourself in*

-*Yoga chair or similar if you have, but not required* (house chairs are available if needed)

-*Snacks* (tea and healthy snacks will be provided, but feel free to bring your own)

-*Optional swimsuit and towel* (there is a pool available and you are welcome to dip)

\*Many cushions will be available, but feel free to bring one if you like

**NOTE:** You are welcome to relax on the property after the course.

**BANKING:** (book online at [www.chrisroland.com/enerchi-store](http://www.chrisroland.com/enerchi-store), or by EFT below)

Chris Roland

ABSA, Br Code: 632 005, Acct: 1007230016, Checking

Amount: R528

**NOTE:** Please use this reference on your EFT - your SURNAME plus TSBjan25

**WHERE**

9 Martingale Ave

Hout Bay

(exclusive use of Chris' beautiful and serene guest house)

## **COURSE OUTLINE**

**Duration: 6 hours (9:00 AM - 3:00 PM, with breaks)**

### **Arrival & Silent Preparation (9:00 AM - 9:15 AM)**

- Arrive no later than 9:00 AM.
  - Enter in complete silence to become mindful of the experience ahead.
  - Settle into the space and connect with the instruments and energy.
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## **Morning Session: Introduction to Sound Healing & Crystal Singing Bowls**

### **A Magical Experience in Silence (9:15 AM - 9:45 AM)**

- Connecting with the bowls, the group, and existence through presence.
- Experiencing the vibrations of the room before using the bowls.

### **Individual Introductions (9:45 AM - 10:00 AM)**

- Introduce yourself (you can finally speak!).
- Share what drew you to the course or your experience with sound healing.

### **Introduction to Crystal Singing Bowls (10:00 AM - 10:45 AM)**

- History and significance of crystal singing bowls.
- Understanding materials: quartz composition, tuning, and resonance.
- Different types of crystal bowls and their effects.
- Techniques for playing: mallets, striking, and continuous resonance.

### **Introduction to Sound Healing (10:45 AM - 11:30 AM)**

- The science and alchemy of sound healing.
- How sound waves impact the body and mind.
- Frequencies, harmonics, resonance, and entrainment.
- Therapeutic applications of crystal bowls in healing.

### **Morning Tea Break (11:30 AM - 11:45 AM)**

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## **Midday Session: Practical Techniques & Hands-On Experience**

### **Exploring the Sounds of Crystal Singing Bowls (11:45 AM - 12:30 PM)**

- Hands-on practice playing the bowls.
- Experimenting with different techniques and their effects.
- Exploring sound projection, intensity, and layering.

### **Crystal Bowl Placement & Practical Use (12:30 PM - 1:15 PM)**

- Using crystal singing bowls in one-on-one and group settings.
- Placement techniques: individual healing, personal meditation, and energy clearing.
- Creating a safe and intentional healing environment.

### **Lunch Break (1:15 PM - 1:45 PM)**

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## **Afternoon Session: Sound Healing with Clients & Group Work**

### **Your First Crystal Singing Bowl Healing Session (1:45 PM - 2:30 PM)**

- Participants pair up for guided one-on-one healing sessions.
- Practice playing bowls around a recipient, focusing on intuition and technique.
- Understanding energetic responses and adjusting to the client's needs.

### **Group Sound Healing Experience (2:30 PM - 3:00 PM)**

- Creating a shared vibrational space using multiple bowls.
  - Exploring improvisation and layering sounds for group healing.
  - Final immersive sound bath led by the group.
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### **Closing & Reflection (3:00 PM - 3:15 PM)**

- Q&A session, sharing insights, and reflections from the day.
- Encouragement to continue personal practice and deepen sound healing knowledge.
- Course concludes with a final moment of silence and gratitude.