



Peter Hess® Sound Massage

Sound and Meditation | Workshops | Wellness
Seminars | Sound Retreats | Training | Continuing
Education | Teacher Training | Professional Seminars |
Certifications

Call: +61 427 474 367
or +61 435 584 956

Dear Sound Enthusiast,

Perhaps you are unfamiliar with the Peter Hess ® Institute in Germany, the Peter Hess ® Academy Australia and the Sound Methods taught here. Therefore, I would like to give you some tips on how you can quickly find seminars that are interesting and suitable for you. Before you start it is important to decide whether you want to use sound for yourself, your family and friends, or whether you want to use sound professionally.

A popular introduction to the world of sounds is our 4 hour workshop "Relax with Singing Bowls" (p.5). If you are primarily interested in sound exercises that can be implemented with children, I recommend the 5 hour workshop "Singing Bowls - Playing and Learning using all your Senses" (p.6).

If you are interested in more extensive experiences and wish to participate with a variety of sounds, then I recommend "Sound Massage I - Strengthen your Inner Being" (p.12) or the popular beginner's seminar

"Selfcare with Singing Bowls for Body, Mind and Soul" (p.7). Our retreat courses as well as our "Sound Massage Intensive Training" also offer a particularly comprehensive experience.

If you are interested in professional training to become a Peter Hess ® Sound Massage Practitioner, you will find basic information about the training from page 10 onwards.

In addition, you could take advantage of our continuing education courses such as "KliK ® Expert / Practitioner - Sound Communication with Children", which provide an ideal introduction to professional work with sound for children.

The Peter Hess Institute in Germany offers a much wider range of training (such as specialist seminars e.g. Dementia and Sound and others) and our Australian Academy endeavours to bring more and more courses to give Australian audiences a much needed insight into the latest developments in the world of Sound Therapy. So watch this space....

I hope the tips above will help you to get a good look at this booklet and give you a fitting introduction to the world of sounds!

Alex Andrzejewski
Peter Hess Academy Australia



Peter Hess Academy Australia team with Peter Hess

Table of contents

Introductory and Wellness Seminars & Workshops	4
Workshop: Relax with Singing Bowls	5
Workshop: Singing Bowls - Playing and Learning using all your Senses	6
Selfcare with Singing Bowls for Body, Mind and Soul	7
Workshop: Cosmetics & Sound	8
 Peter Hess ® Sound Massage Practitioner Training	 10
Background of the Sound Massage	10
Sound Massage I	12
How to continue after Sound Massage I	14
Training Structure - Your Options	15
Sound Massage II -	16
Block Training for Sound Massage I + II	18
Sound Massage III + IV	18
 Further Education - Peter Hess ® Sound Methods	 20
Master Class - Customised Sound Massage	21
 KliiK® - Sound for Children Program	 22
Workshop: Singing Bowls - Playing and Learning using all your Senses	24
Sound Massage with Children	24
Inspire Children through Sound and Language	26
 Train the Trainer	 28
Selfcare with Singing Bowls for Body, Mind and Soul	28

Introductory and Wellness Seminars & Workshops

There are many possibilities for Singing Bowls and the Peter Hess ® Sound Methods, be that a Sound Massage, a Sound Concert, Sound Bath, a Seminar with Sound or one of the many events that take place in different regions of Australia.

In addition, the Peter Hess Academy Australia offers various workshops, seminars and retreat courses, where the focus is on getting to know the sounds, improve your state of well-being and have a transformative experience.

Contact us and we will advise you and find you a therapist or teacher in your area!

"The sound of the Singing Bowls touches your innermost soul and brings it to vibration.

The sound breaks tension, mobilises self-healing forces and sets free creative energies."

Peter Hess



© Peter Hess® Institut



Workshop: Relax with Singing Bowls

Prerequisite: none

This workshop is a popular way to do something good for yourself and at the same time get to know the world of Singing Bowls and their benefits for your overall well being.

Under expert guidance, you can playfully experience the Singing Bowls and gain insights into the effects of the sounds. You will learn how to perform a short Sound Relaxation session and specific sound exercises for everyday life.

This 4 hour workshop is offered in various regions in Australia and some instructors offer individual appointments or inhouse training upon request as well.

For the workshop, please enquire and register directly with the instructors.

Please bring warm socks, comfortable clothes, a blanket and a pillow with you to the course.

Workshop: Singing Bowls - Playing and Learning using all your Senses for children from 3-5 years and beyond

A workshop for educators, teachers, parents, grandparents and anyone who wants to use Singing Bowls with children.

Prerequisite: none

Singing Bowls stimulate all senses. They shine with a golden glow, and if you touch them with your fingertips or activate them with a mallet they emit varied and complex sounds. This sets both an acoustic and vibrotactile stimulus which simultaneously activates the auditory and somatosensory perception - hearing and touch. The sound fosters body awareness and touches it in an emotionally soothing way.

In this workshop you will learn different sound games with Singing Bowls, which are wonderful to play with children.

Content

- train the sensory perception, which is the central basis for communication and learning
- promote coarse and fine motor skills
- motivate the children and thereby strengthen their concentration and endurance
- stimulate the imagination and thereby promote creativity as an important basis for problem solving competence
- strengthen children's social and communication skills

Join us on a journey of discovery and get to know the many possibilities of the Singing Bowls use!

- Our instructors offer this 5 hour workshop by individual appointment or inhouse training upon request.
- For the workshop, please register directly with the course instructors.
- This workshop is the introduction to the KliK ® continuing education system and is recognised for:



Workshop: Selfcare with Singing Bowls for Body, Mind & Soul

Prerequisite: none - Especially suitable for beginners

Extent: 16 hours

This workshop offers many self-treatment options for diverse and effective sound applications in everyday life. We focus on

- doing something nurturing for yourself or a client
- being free from physical problems and obsessive thoughts
- promoting health and well being

We share various exercises with Singing Bowls to holistically support your well being, in particular

- the body and self-perception
- energy pathways
- hand and foot reflexology zones
- strengthen the spine
- for hands, arms, knees, legs, back and neck to improve circulation through Sound Massage

In addition we discuss the mental aspect of work with sound promoting:

- constructive, happy and content living
- achieving your goals easily and safely with the help of sound

Content:

- training / improvement of body perception through sound
- health improvement through self application of Sound Massage with a Singing Bowl
- targeted use of Singing Bowls for helping heal health complaints
- mental enhancement through sound spaces and sound meditations
- getting to know and experiment with assorted sound equipment

Useful reading:

"Source of Inner Strength - The Sound Bowl as valuable Life Companion" Peter Hess, Publisher Peter Hess, 2018

This seminar is also available as a combination seminar:

Selfcare with Singing Bowls for Body, Mind & Soul + Sound Massage I

Extent: 40 hours

Instructor training is available for this workshop. See page 28.



Workshop: Cosmetics & Sound

Requirements: none

The use of Singing Bowls in cosmetics is a perfect way to offer your customers relaxation and wellbeing. These are essential factors for the success of a treatment. Offer a feel-good experience that appeals to you individually and holistically. Beauty shines from within!

In our one-day practical seminar you will learn about the use Singing Bowls and elements of the Peter Hess ® Sound Massage. Under expert guidance you will gain your first experience with Singing Bowls and you will learn specific sound treatments and sound relaxation exercises under instruction with a partner.

We will pay particular attention to the possible use of the décolleté Singing Bowl. The delicate vibration of this bowl stimulates the thymus gland, which is very much involved in building the immune system. The body's own collagen formation is supported, the skin pores opened and the active ingredients of the care products are better absorbed.

In addition, individual sound applications are presented, which you can integrate individually into your beauty treatment. What you learn can be implemented directly into your practice.

Extent: 7 hours

Instructors offer individual appointments or in-house training upon request.

For the workshop, please register directly with the instructors.

SOUND RELAXATION

MARGARET RIVER

*"In today's rush we all think too much, seek too much,
want too much and forget about the joy of JUST BEING."
Eckart Tolle*

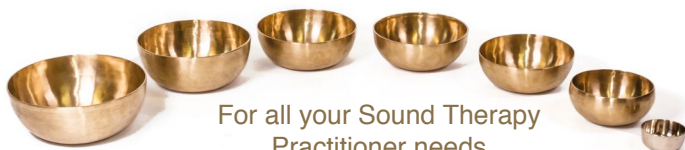


- Peter Hess ® Sound Massage
- Private & Group Sound Therapy Sessions
- Peter Hess ® Sound Massage Training
- KliK ® Sound Education for Children Training
- Sound Meditations
- Gong Baths
- Sound Workshops & Retreats
- Yoga & Sound Events
- Sound Equipment
- Gift Vouchers

Call Ute Coleman on 0427 474 367

www.soundrelaxation.com.au

Find us on Facebook and Instagram



For all your Sound Therapy
Practitioner needs

* **Peter Hess® Therapy Quality Sound Bowls**

* Bolo - **Special Joint Bowls**

* **ZEN** Ting-sha, **ZEN** Bells, **ZEN** Bowls

* **Assam** Bowls

* **Fen** and **TamTam** Gongs all sizes

* **Gong** stands

* Variety of practitioner quality **Bowl Mallets**



Visit [online shop](#) or [enquire via email](#)

Maranta Sound Academy

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Background of the Sound Massage

Application and Effect

The internal harmony of people and their environment is threatened by daily stress in all areas of life. This is often the cause of illnesses. This is where the Peter Hess ® Sound Massage comes in as a very effective method of relaxation.

In the relaxation facilitated by sound, the physical tension accumulated in everyday stress dissolves and obsessive thoughts come to rest. Anxieties, insecurities and fears take a back seat and the soul finds room to unfold - "letting go" can happen. This release is a good basis for revitalising and strengthening self-healing powers.

In recent years, Peter Hess has optimised his method and adapted it to the needs of people, based on his countless practical experiences and the results of various research projects. The applications range from gentle, mindful and thus highly effective relaxation to targeted application in health and healing professions.

Relaxation and the experience of contentment, well-being, serenity and health are closely linked. Sound Massage can support all this effectively and therefore creates optimal conditions for learning, problem solving and a harmonious life balance.

Theoretical Basis

The special feature of Sound Massage with Singing Bowls is that both hearing and feeling are addressed simultaneously; senses that are already fully developed in the prenatal state. So it is not surprising that the harmonious sounds with their slow beats trigger feelings of safety, security and well-being and quickly lead to a deep, soothing relaxation. Here the fine and rhythmic vibrations of the Singing Bowls stimulate the body and therefore contribute to an improvement in body awareness. Gently they spread through the skin, tissues, organs, fascia, bones, body fluids, and body cavities. This is often described as a particularly subtle, soothing massage. Neuromuscular tension can be released gently when blood circulation and lymphatic flow are stimulated. In the relaxation facilitated by sound, regeneration can happen on all levels. The associated improvement in perception also strengthens the awareness of body signals that can be linked with stress. Responding to these in a timely and adequate manner is an important contribution to maintaining good health.

The Principles of the Peter Hess ® Sound Massage

Sound Massage is inextricably linked with the following principles, which also apply to all the various Sound Methods and are taught and practiced in our seminars:

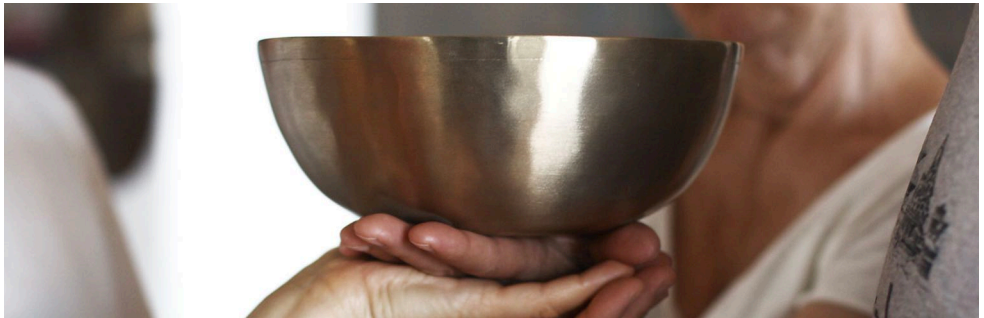
Mindfulness · Appreciation · Integrity · Less is more principle · Solution and resource orientation · Dialogical cooperation

Objective of the Training

The training itself is an intense sound experience of a safe learning space where we practice and experience a Sound Massage. We teach careful and safe handling of clients in many different settings. This forms a secure basis for your own practice. In the seminars you will also find sound materials especially developed by the Peter Hess Institute from many years of practice. The knowledge about the respective qualities and differences of the Singing Bowls form an important basis for the Sound Massage.

We pay attention in particular to the safe giving of the Basic Sound Massage. The application also includes the subtle realms of body, psyche, soul, aura and chakra. Following this solid foundation of mastery and understanding Sound Massage techniques, we then practice designing individual Sound Massages for the client's needs. Here your own attitude as a Sound Massage practitioner is of essential importance.

In our training you will learn step by step how to safely and purposefully use Sound Massage to relax and strengthen your and your family's health, and how to present it to your clients in a professional setting.



Sound Massage I

Prerequisite: none

Strengthen your Inner Being

Go with the sounds on a journey of discovery to your own depths and possibilities!

The new perception of one's own body, and the arising mindfulness, is a gift to oneself! To observe and feel yourself breathing and become aware of the breath as a river that transports your life energy, is a profound experience. Therefore this workshop also contributes to strengthening your health and helps prevent "burn-out".

Primarily this workshop is dedicated to getting to know and experience the Peter Hess ® Sound Massage method and gives concrete suggestions on how to use the Singing Bowls and the sound formula for yourself, your family and friends.

The aim is to convey the Peter Hess ® Sound Massage as a holistic method.

Through different exercises you will experience the effects of the sounds. You will give and receive an introductory Sound Massage for:

- the back
- the feet
- the hands
- the whole body

These exercises can be used safely after the seminar with a practice client at home. You will learn the Basic Sound Massage and get instructions on how to apply them to give yourself a Sound Massage.

Content:

- History of the Sound Massage, Sound Theory
- Sound Games for contact with clients
- Experience the effects of the sounds of the Singing Bowls on the body
- Report of the seminar leader about own experiences with sound and Sound Massage
- Get to know the characteristics of Singing Bowls (including the use of mallets) for the Basic Sound Massage
- Demonstration of the Basic Sound Massage
- Guided practice of the Basic Sound Massage in pairs
- Independent practice of the Basic Sound Massage
- Sound Meditations for relaxation and integration of learning content
- Learn to adapt the Basic Sound Massage to the needs of the client
- Exchange of experience and reflection
- Applications, limitations and contraindications

Extent: 16 hours.

You will find information on workshop venues and times when you register.

This workshop is held mainly over weekends (2 days), sometimes over 4 evenings.





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How to carry on after Sound Massage I

Once you have completed the seminar Peter Hess ® Sound Massage I and are able to give a private Sound Massage you will find it very rewarding to do something nurturing for others.

You may now be interested in learning more sound elements in order to extend the Basic Sound Massage, individualise it and thus better respond to the needs of your clients. In addition to the Singing Bowls, Zen Bowls and Fen Gongs are used in the next step. So far you have learned how to set up the Singing Bowls on the body. Added to this is the inclusion of the use of the Sound Space. You will learn all this in the workshop **Sound Massage II - From Relaxation to New Order**.

This can be followed by the workshop **Sound Massage III + IV - Individual Sound Massage for Body, Mind and Soul**. In this 4 day extensive training you will learn new sound elements and how to design and practice an individualised Sound Massage.

For those who have graduated to Level IV, it is important to further your own practice, so after going through all the practical seminars, you will spend at least 3 months in a kind of "internship". During this time you will give at least 10 Sound Massages - because it's well known that practice makes perfect! The training (Level IV) discusses what to do to have safe practice conditions with your "practice clients" to prepare you for the later "real clients". Three of these practices have to be prepared in writing on templates provided. During the "internship" time, 3 educational Sound Massages are also to be received from authorised Sound Massage Practitioners. In the final seminar, the practical experience will be reflected on and specific cases discussed.

After at least 3 months (depending on the course timing schedule) of "internship", the **Final Seminar with Supervision** takes place. The above mentioned documents must be sent to the PHAA 14 days in advance. Extensive verbal and written information can be obtained in good time from your seminar leaders.

After the final seminar, you will receive the "Peter Hess ® Sound Massage Practitioner" Certificate.

Building on these qualifications (84 hours of training), members of the European Association of Sound Massage Therapy (www.fachverband-klang.de) have the opportunity to obtain a certified advanced degree with professional title (100 hours training): **Certified Peter Hess® Sound Massage Practitioner**

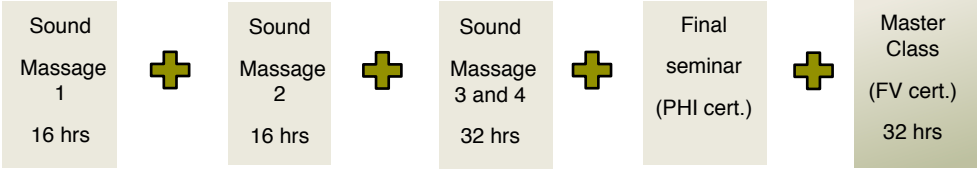
If you would like to receive this certificate (on application to the Association), then you should attend the advanced seminar **Master Class - Individual Sound Massage: Easy, Skilful and Safe** in approx. 6 months after your final seminar.

Training Structure - Your Options

Over the years, we have developed 3 different training paths that you can choose according to your personal needs. All forms of education are based on the uniform curriculum of the Peter Hess ® Sound Massage. The seminar contents are supplemented by: self-study of the scripts and technical literature, practice of Sound Massages ("internship") after each seminar unit and three educational Sound Massages by authorised Peter Hess ® Sound Massage Practitioners.

Training in 4 or 5 steps

You individually arrange the dates for the seminars Sound Massage I, II, III + IV according to your needs and possibilities. This is followed by a Final Seminar with Supervision, which takes place at least 3 months later. If you are looking for an advanced certification, after about 6 months, you will be able to participate in the advanced seminar "Master Class - Individual Sound Massage: Easy, Skilful and Safe".



Training in 3 or 4 steps - Block Training

You choose the training in 2 blocks. These are Block I as a combination of Sound Massage I + II and Block II as Sound Massage III + IV, followed by a Final Seminar with Supervision. In this way, you can shorten the training path to 2 extended weekends and a weekend course. The block training also takes place as a "retreat course".



Training in 2 or 3 steps - Intensive Training

You choose the 8-day intensive training, followed by the Final Seminar with Supervision. From the feedback of our participants, we know that this form of training is experienced as particularly intense and stimulating. For one week you are in the Sound space - a highly recommended experience. You stay in the topic intensively and experience yourself anew.

Intensive training is also offered in particularly beautiful locations as a "retreat course".



Sound Massage II -

From Relaxation to New Order

The aim of this seminar is to expand the possibilities of the Basic Sound Massage, to get to know new sound elements, to make the Sound Massage more diverse and to be able to experience it and to use it mindfully.

It is important for us to train the sensitivity for energetic context, to refine the perception as well as to emphasise the awareness and appreciation for this topic. The central aspect of this energetic context is the "power of consciousness" - the mental focus and inner attitude (inner images) underlying our actions as a Peter Hess ® Sound Massage Practitioner, as well as the holistic nature of the method.

You will expand your knowledge of the instruments used and get to know more sound elements. The Sound Space will be experienced more intensively. You will learn ways of using these instruments to reach the energetic level of your clients and to offer compensatory techniques to strengthen health in a holistic sense. So far you have worked exclusively with Singing Bowls. Now you will get to know the uses and effects of the Zen Bowls and Fen Gongs. The seminar content expands your ability to resonate and enables intuitive action, which is based on your own intensive experience in individual and group situations, as well as having a scientifically solid background.

The new aspects and the mediated attitude contribute to creating a judgement-free framework in which development is possible at all levels. This forms an ideal basis for any interpersonal collaboration that can be tested and practiced in this seminar.

You perceive yourself as an energetic system that can influence your life, and you consciously realise how strong external influences affect your life. By experiencing this very special form of Sound Massage, you strengthen your presence and expand your scope for action in contact with other people and your environment.

Content:

- body energy and its importance for sound work
- one's own body environment
- group energy through shared sound
- body energy with Singing Bowls and Gongs
- special Sound Massage for balancing and strengthening body energy
- inserting the new elements into the Basic Sound Massage
- advanced Sound Massage with the Zen Bowl and the Fen Gong
- guided and independent practice of the new elements
- development of a dialogic, responsive, unbiased attitude towards the client and yourself
- Sound Meditations for relaxation and integration of the content
- exchange of experiences and reflection

Prerequisite: Sound Massage I

Scope: The seminar lasts 16 hours.

You will find information on workshop venues and times when you register.

Block Training for Sound Massage I + II

Sound Massage I and II can be booked individually, but also in the block. The block trainings are usually self-contained, so you have the advantage that the entire training is completed in the same group of participants.
(Sound massage III + IV is also run in the block.)

Prerequisite: none

Extent: 32 hours

Seminar time: The seminars have different start and end times.
You will find Information about this and venues on the registration confirmation.

Please note the information about the venues as well as the conditions of participation and payment.

Sound Massage III + IV

Individual Sound Massage for Body, Mind and Soul
and Final Seminar with Supervision - Basic Education

In this seminar you will experience several days in a beautiful, relaxing Sound Space. You will not only learn new things, but relax and recharge your batteries for everyday life. The training is framed by Sound Meditations, which contribute to the harmony of body, mind and soul and enable the integration of the learned content. It makes learning easy.

The aim is to empower participants for the safe, goal/client orientated application of Sound Massage for relaxation and health support. The respective needs and problems of the clients are taken into account in an individually designed Sound Massage.

You will learn new sound elements, how to integrate them into the Basic Sound Massage, and experience their effect in a holistic sense. In addition, we discuss the application of Sound Massage for relaxation, taking into account certain medical conditions.

Relaxation is one of the most important foundations in health and burn-out prevention. With this in mind, you will be trained intensively to be able to respond to the needs of your clients in order to tailor your sound application to their needs.

To give you ideas of application and clarify the spectrum of your options, two examples from practice with Singing Bowls are:

- *Application 1 of Sound Massage in a Day Care Centre eg for educational professionals:*
"It is so beautiful to see how playing with the Singing Bowls makes the children smile!"
Audrey Lüding, Teacher and Peter Hess Sound Educator, Germany

- *Application 2 of Sound Massage in everyday clinical practice eg for professionals from healing professions:*
Experience shows that hospital patients who have Sound Massages are more balanced, sleep better, need less medication and the length of stay is shortened (see: Peter Hess Sound Methods in the Context of Science and Research, Peter Hess Publishing House, 2010, Germany)

Content:

- New sound elements for energy balance, to loosen and release neuromuscular blockages and for body and mind harmonisation
- Focus change techniques: moving away from a problem area to the healthy
- Practice and self-experience of the new sound elements
- Presentation and use of the Sound Massage client card
- Designing and practicing targeted and individual use of the Sound Massage
- Experience the Sound Massage as a holistic method and holistic health promotion for body, mind and soul
- Holistic, experiential Sound Meditations and Sound Journeys to stabilise and harmonise health strengthen Basic Trust as an important foundation for working with clients and for intention/vision development
- Sound Massage for relaxation, taking into account medical conditions
- Limits of the application of Sound Massage
- Exchange and reflection of experiences

Prerequisite: Sound Massage I + II

Scope:

The seminar Sound Massage III + IV covers 32 hours.

The Final seminar is 20 hours.

Seminar time:

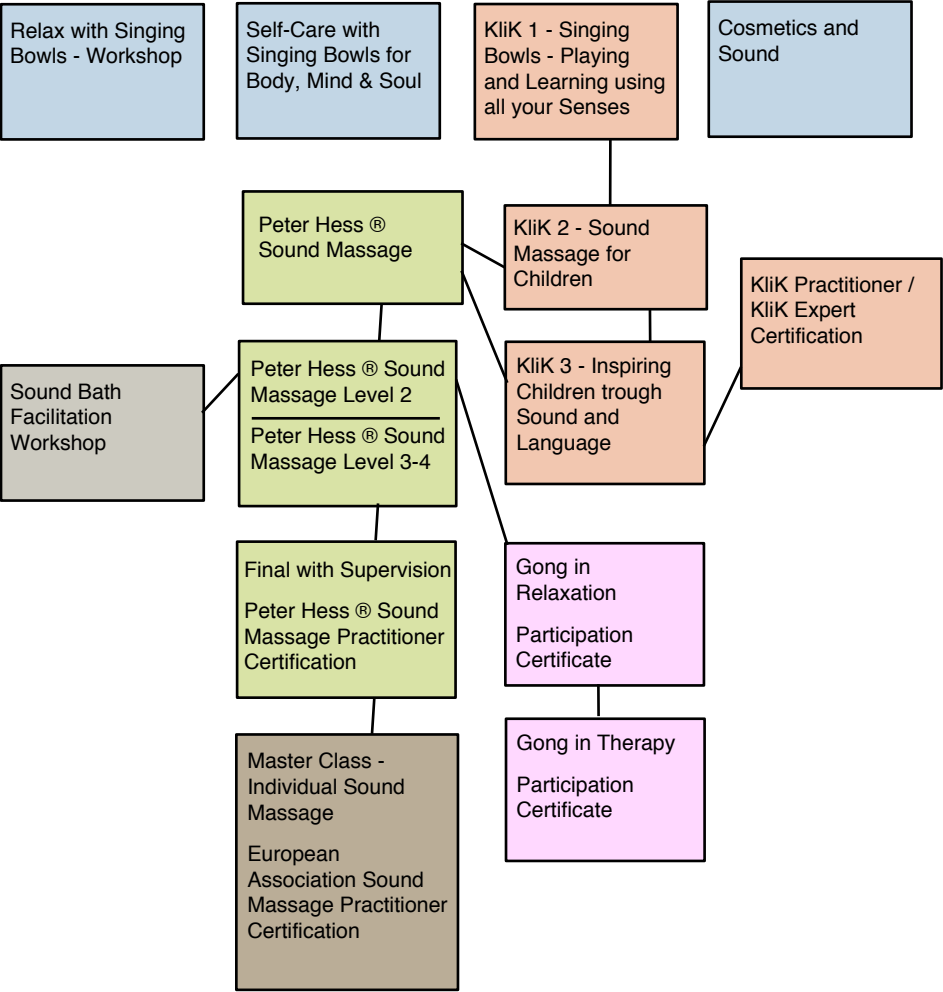
You will find information on workshop venues and times when you register.

In this seminar, as well as in the final seminar, proof of performance in terms of our quality assurance will be provided.

Some seminars take place in selected seminar venues; overnight stays and meals there are compulsory for the seminar participants.



Further Education - Peter Hess® Sound Methods



Master Class - Customised Sound Massage

The aim of every Sound Therapy Professional is to give a first-class and versatile Sound Massage, which they are good at and which supports the client in a safe space.

The skilful creativity needed in order to achieve this goal often does not unfold naturally until Practitioners have had a lot of practice to safely implement what they have learned. Experience shows, however, that even long term Practitioners use few or none of the effective modification elements of the Basic Sound Massage.

It does make sense, therefore, to lay the foundation for good individual support.

This seminar is addressed to those who wish to obtain professional security in integrating the Sound Massage into their practice or career field, as well as to all experienced Practitioners who wish to update their knowledge of Sound Massage or want to recognise any application variations that could have crept in during their own practice.

For a responsible, targeted and safe offer of the "Individual Peter Hess ® Sound Massage" it is indispensable to know how and why elements are inserted or deliberately omitted.

This weekend course offers a space to reflect on your sound practice and effectively complements the Sound Massage training. During this weekend, individual and safe support of clients will be practiced with many different examples. It shows how the Basic Sound Massage can be optimally combined with the learned additional sound elements in order to cater to the individual needs of clients in a solution and resource orientated way.

Those who have attended this seminar have met the requirements and can apply for the Certificate from the European Association of Sound Massage Therapy with the title "Certified Peter Hess ® Sound Massage Practitioner", provided that you are a member.

Content:

- Learn to adapt the Sound Massage to the individual needs of the client
- Develop individual and safe support for the client
- Safe application of the individual sound elements.
- Logical and comprehensible representation of how and why sound elements are inserted or deliberately omitted
- Targeted selection of sound elements according to the individual needs of the client
- Sound Mediation and Journey for relaxation and integration of the content
- Joint and independent planning of individual Sound Massage
- Experience and perform Sound Massage for individual needs – case studies
- Discuss and apply all learned elements from SM I-IV
- New tools for Sound Massage design – planning cards, sheets
- Case based assessment

Prerequisite: Basic training in the Peter Hess ® Sound Massage

Recognised for:

"Certified Peter Hess ® Sound Massage Practitioner" and numerous further education qualifications

Extent: 16 hours

KliK® - Sound for Children

KliK® Expert/ KliK® Practitioner

Do you want to actively support children in their development?

Would you like to help children to find inner peace in these unsettled times?

If so, we offer tried and tested methods based on educational programs which, with the use of Singing Bowls and Gongs, can help children become strong, resilient and happy individuals.

KliK® - Help children's souls grow!

The training as a KliK® Expert / Practitioner is aimed at all interested, committed people, parents, grandparents, educational and therapeutic professionals who want to use Singing Bowls and sound elements to help children with the challenges in their lives. Knowledge and sound elements are conveyed in a relaxed, playful atmosphere which is also beneficial for your own wellbeing. The sound games and exercises taught can enrich everyday routines and play activities. They can be used with individuals as well as groups for sensory, cognitive and emotional support.

Burnout Prevention

Under pressure and tension children don't learn, let alone thrive.

The methods of the KliK® Program help to calm children so they can get in touch with their inner self.

KliK® helps create optimum conditions to support cognitive support programs.

By this we mean creating a healthy, conscious body perception because the body is our central contact medium for the inner and outer world. It enables us to perceive stimuli and impulses, and it gives us important signals that we communicate through gestures, facial expressions etc.

Through the physical vibration of the Singing Bowl vibrotactile stimuli are set, which can be used for specific purposes i.e. to promote external and internal perception. In addition, the harmonic sounds provide an auditory stimulus that is both relaxing and stress reducing. This promotes ideal conditions for focus and attention which helps with successful reception and application of learning content. Therefore, the medium of Singing Bowls as part of the "Sound Education for Children" offers a holistic approach at all levels.





Take advantage of the diversity of the KliK® Program to expand your career opportunities!

The KliK ® program is becoming increasingly popular in daycare centres and schools around the world.

Singing Bowls are already available in many institutions and the desire for effective application of them is growing. You may also already be using them in your own practice with the Peter Hess ® Sound Methods, or you would like to do so. The KliK ® program offers interesting possibilities to successfully expand your job opportunities.

Time scale

The full training consists of a one day workshop "Singing Bowls - Playing and Learning using all Senses" as well as three training seminars "Sound Massage I", "Sound Massage for Children" and "Inspiring Children through Sound and Language".

The entire training includes 53 hours plus working hours for the self-study of the scripts.

Statements / Certificate

At the end of the training, a final certificate listing all completed seminars, will be awarded by the Peter Hess Academy Australia.

Educational or therapeutic professionals (written proof) are qualified after completion of the training to use the following additional name:

KliK® Expert

All other participants:

KliK® Practitioner

Contents of the training

Module 1

Basic Education

1. *Sound Massage Level I (see page 12)*

Module 2

Further Education

2. Singing Bowls - Playing and Learning using all your Senses (see page 22)
3. Sound Massage with Children (page 22)
4. Inspiring Children through Sound and Language (page 24)

Workshop: Singing Bowls - Playing and Learning using all your Senses for Children from 3-5 years and beyond

A workshop for educators, teachers, parents, grandparents and anyone who wants to use Singing Bowls with children.

Prerequisite: none

Singing Bowls stimulate all senses. They shine with a golden glow, and if you touch them with your fingertips or activate them with a mallet they emit varied and complex sounds. This sets both an acoustic and vibrotactile stimulus which simultaneously activates the auditory and somatosensory perception - hearing and touch. The sound fosters body awareness and touches it in an emotionally soothing way.

In this workshop you will learn different sound games with Singing Bowls, which are wonderful to play with children.

The games:

- Train the sensory perception, which is the central basis for communication and learning
- Promote coarse and fine motor skills
- Motivate the children and thereby strengthen their concentration and endurance
- Stimulate the imagination and thus promote creativity as an important basis for solution competence
- Strengthen the social and communication skills of children

Join us on a journey of discovery and get to know the many possibilities of the use of Singing Bowls!

Our instructors offer this 6-hour workshop by individual appointments or in-house training upon request.

- For the workshop, please register directly with the course instructors.

Sound Massage with Children

Awakening all Senses

In order to understand the world, we must first be able to experience it with all our senses.

That is the essence of our humanity!

As children learn more and more through screen use from televisions, computers, Ipads and the like, holistic experiences have become rare, but these holistic experiences are the basis of a healthy childhood.

Children need versatile sensory experiences to train the brain's processing. With the Singing Bowls we will touch and stimulate all senses.

You will learn easy-to-use, playful sound massages for children that appeal to, promote and relax every single sense. Because relaxation is a central basis for healthy development and reset.

Prerequisite: Sound Massage I

Recognised for: KliK ® Expert, KliK ® Practitioner

Extent: 16 hours

Seminar time: Please refer to the seminar times of the registration confirmation.

Comment: We encourage you to participate in the workshop “Singing Bowls – Playing and Learning using all your Senses” before doing this seminar.

Content:

- Introducing Singing Bowls to children
- Learning easy-to-use, playful Sound Massage techniques for children
- Awakening all senses in children with the help of Singing Bowls
- Relaxing children's senses with fantasy journeys, meditations and Sound Massage

"Everything in the universe has a rhythm, everything dances. "

Maya Angelou



Inspire Children through Sound and Language

In this two day seminar you will learn how to help children develop their communication and conflict solving skills. The basic features of educational Sound Communication, tailored to the language of children, are conveyed in conjunction with the resonance-generating effect of the Singing Bowls' sounds

Strengthen the healthy, rather than eliminate deficiencies!

The combination of sound and language takes the focus away from the problem and on to the solution and motivates children to look for solutions to their problems or difficult situations. This also helps you to recognise and strengthen the individual resources of a child and their family environment more quickly. The learned Sound Methods support this process and also offer support through nonverbal and verbal communication and expressiveness. This can also playfully contribute to overcoming cultural or intellectual differences and to the expansion of social skills.

Prerequisite: Peter Hess ® Sound Massage I

Recognised for: KliK ® Expert, KliK ® Practitioner

Extent: 16 hours

Seminar time: Please refer to the exact seminar times of the registration confirmation.

Content:

- Introduction to solution orientated interacting based on educational Sound communication
- Promotion of verbal and non-verbal communication and expressiveness
- Recognition and Strengthening of individual resources
- Expansion of social skills
- Tools to encourage children to look for solutions themselves





Instructor Training:

Self-Care with Singing Bowls for Body, Mind and Soul

In the seminar "Self-Care with Singing Bowls for Body, Mind and Soul" you learned how Singing Bowls can become valuable companions in your everyday life. Only a few minutes a day are enough to strengthen one's own health and to regain the joy of life. This helps us to become active designers of our lives! And that's exactly what many of your clients or potential clients want.

In this Instructor Training you will learn the concept for "Self-Care with Singing Bowls for Body, Mind and Soul" (p.7). In contrast to the workshop, this program is designed as a series of 6 units. The book "Singing Bowls - My Practical Companion" is intended as accompanying teaching material. In training we will adapt the potential content for different workshop propositions. At the end of the 2 days, you will be able to take several concepts home and thus be able to effectively expand your clientele.

Content:

- Experience sound as a particularly effective element of relaxation and learn how to use it in exercises
- Sound exercises for body awareness, mental strengthening and development of creativity
- Effective and safe self-administration for physical ailments
- Special sound exercises, Sound Meditations and Sound Journeys to improve the quality of life
- Sound exercises to promote wellbeing and health in everyday life

Useful reading:

"Singing Bowls - My Practical Companion" Peter Hess, Publisher Peter Hess, 2018

Prerequisite: Peter Hess ® Sound Massage I, Self-Care with Singing Bowls for Body, Mind and Soul

Extent: 16 hours



Our Instructors

Alex Andrzejewski

Alex is one of the Peter Hess Academy Australia (2010) founders and a founding partner in the Maranta Sound Academy (2010).

QUALIFICATIONS

- Peter Hess ® Sound Massage Practitioner since 2009.
- Peter Hess ® Sound Massage Lecturer for all levels of Basic Sound Massage and further education courses
- Gong Training with Peter Hess Academy and Viriama Sound Therapy Institute, Poland
- Deep Cellular Music Therapy Practitioner
- Member of the European Professional Association for Sound Massage Therapy

Janusz Urzykowski

Janusz is one of the Peter Hess Academy Australia (2010) founders and a founding partner in the Maranta Sound Academy (2010). Janusz is also a performing musician and a business owner.

QUALIFICATIONS

- Peter Hess ® Sound Massage Practitioner since 2009.
- Peter Hess ® Sound Massage Lecturer for all levels and further education courses
- Gong Training with Peter Hess Academy and Viriama Sound Therapy Institute, Poland
- Deep Cellular Music Therapy Practitioner

Ute Coleman

Ute is one of the first Sound Massage Practitioners in Australia and a dedicated member to help build the Peter Hess Academy Australia. In 2011 she opened up her practice SOUND RELAXATION in Margaret River, where she lives with her husband and two daughters.

QUALIFICATIONS

- Peter Hess ® Sound Massage Practitioner since 2010
- Peter Hess ® Sound Massage, Lecturer for Level I and II
- Peter Hess ® KliK Sound Education for Children Practitioner and authorised Teacher
- Emily Hess ® Sound Practitioner for Yoga
- Training in Anatomy & Physiology for Sound Massage at the Peter Hess Institute, Germany
- Phonophoresis (Tuning Forks) according to Hans Cousto with Roland Hutner, Germany
- Gong & Monochord Training with Csongor Koelze, Germany
- Peter Hess ® Sound Practitioner for Dementia (Level I)
- Peter Hess ® Individual Sound Massage (Master Class)
- Peter Hess ® Gong in Relaxation Training
- Member of the European Professional Association for Sound Massage Therapy
- Healing with the Usui Reiki System- Reiki I, BodyTalk Access Certificate, various self-development workshops



- Wellness Workshops and "Feel-Good" Seminars
- Training in the Peter Hess ® Sound Massage
- Further Education in the Peter Hess ® Sound Methods
- Sound Relaxation / Wellness Burn-out Prevention Self Care
- KliK ® Sound Education for Children
- Sound Therapy



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