



# SOUND THERAPY

A COMMUNITY OF LEARNING, SERVICE AND HEALING

INSTITUTE OF TRADITIONAL MEDICINE

TORONTO, CALGARY, BRITISH COLUMBIA



# WELCOME TO THE COMMUNITY

Sound is the force of creation, the true whole.  
Music then, becomes the voice of the great cosmic oneness  
and therefore the optimal way to reach this final state of  
healing.

Hazrat Inayat Khan

# WELCOME

## 2019 DATES AND TIMES - TORONTO

Weekend I: Friday June 21-23 & Weekend II: October 25-26, 2019

TIMES of on-site training :

Weekend I On-Site Retreat: Friday (3-10) , Saturday (9-9pm) , Sunday (9-2pm)

Weekend II (ITM: Friday 3-9pm, Sat & Sun: 9am-6pm)

Please arrive at 3pm to settle in and meet everyone, before we begin our training. Our time together will be filled with a mix of practical and theoretical study and experiences.

It will be both personally healing, as well as an opportunity to learn new skills and approaches to working with sound and music as a healing modality for individuals & groups.



IN BETWEEN THE TREES, SKIES AND WATERS

# LOCATION

## ITM & X-HALE MEDITATION

553 Queen St. W. Building 2 & 3rd Floors

Parking is available north of Queen St. at Augusta - behind the KFC - outdoor paid parking. Otherwise, we recommend parking underneath the Loblaws at the corner of Queen and Portland (entrance to parking garage is on Richmond St. just west of Portland.

INTENTION

# ATTENDANCE

## PARTICIPATION

To successfully complete the program and receive the certificate students must attend all weekends, complete homework, case studies and participate in the in-class experiences. At present, this is one of the most comprehensive trainings available in Sound Therapy in Canada. Our graduates have used the titles Sound Therapist, Certified Sound Therapist, Sound Facilitator.

## BREAKS

You will have short breaks throughout the day in addition to lunch and dinner breaks. You are welcome to bring snacks for yourself if you have special dietary needs. All Snacks & Meals provided are Vegan.



# ZERO WASTE

## POLICY

ITM has committed to being a zero waste environment. We kindly ask you to take your waste home with you, there is no garbage available at ITM - we Recycle and Compost. You may bring compostable or reusable packaging for your lunches and snacks. We would like to thank you in advance for your support with this. No food or drink is permitted in the main studio. You are welcome to bring a closed lid container/bottle for water/hot liquids.

# CLEAN AIR

## POLICY

We kindly ask that you refrain from wearing any perfumes, colognes or other scents while visiting ITM and be aware that even some detergents leave a very highly volatile smell on clothing - please avoid this as much as possible when coming to class.

# RESOURCES & READINGS

Before the weekends we will provide you with emailed copies of any program notes, power-points, resource reading. The materials contain a great deal of information - some of the content is covered in class, some through personal reflection and additional content is for your personal use and will act as a resource for you in the future. There is no need to bring hard copies with you. Although we do not require you to purchase any additional books, we highly encourage you to read some of the books written by the authors of the articles we will provide, and others that are shared in class and in the manuals - if you are interested in developing your sound therapy skills.

## CONFIDENTIALITY

We uphold 100% confidentiality within the class and expect all members of the program to adhere to this. At times we share very personal and private stories and experiences, and we are able to offer this sacred and safe space to do so, once we all agree to the confidentiality agreement. We ask that you do not repeat or share any part of what anyone has shared in our meetings together.

**PHOTOGRAPHS & RECORDING:** Due to the respect of our community's privacy, we do not allow any recordings of any nature during class. This means no video or audio recordings. Please avoid taking photos during the teachings. Of course, there are many interesting and practical components to the program and photographs capture the 'how to' as well as memorable moments. If you are taking photos and want to post on social media - please ask permission from everyone in the photo. ITM documents the weekends either in photographs, video/audio for personal use. If you would not like us to post a photo of you on one of our social media venues, please notify us via email.

**CELL PHONE** use is not permitted in the class at any time. We ask that you do your best to remain present and respectful when the teachers and any member of your cohort is sharing. If you must take a call or text - we ask that you kindly leave the room and find a quiet place in the Institute to take the call/send the text. Please bring a notebook and pen to take notes (again since cell phone use is not permitted, you will not be able to take notes on your phone).

# WHAT TO BRING

An open mind and heart.

CURIOSITY.

A willingness to participate in discussions, exercises.

Notepad, iPad, Pen, Paper.

Non-spillable cold/hot water bottle.

Wear comfortable clothing.

Any snacks you would like for yourself.

Instruments, Sound Tools - if you have any - bring them.

(We will have many to share)

Weather depending, we may will have opportunities to be outdoors, including at night - bring appropriate apparel.

\* We will be meeting with a diverse community of teachers, students, admin team - all bringing their own gifts, joys, healing...we ask that you join us in creating a mindful and compassionate environment, ensuring that everyone feels part of the community.



# WHAT WE PROVIDE

A safe, sacred and inclusive environment where we can explore and reflect on the healing powers of sound, community and intention.

Opportunities to meet and learn with inspiring teachers in the fields of healing, sound therapy, integrative medicine and therapy.

Resources & Materials.

Additional Instruments.

A structured classroom environment where we can easily cover the content set out in the program.

Group & Partner Exercises that further deepen the learning and self development.

Hot Water & Tea & Vegan Snacks & Meals.

Support. Community. Compassion.

## ONLINE COMMUNITY FACEBOOK GROUP

As a way to connect when students are not in-class, to share resources, readings, articles, events, etc. we will begin a moderated Facebook group for your cohort. The purpose of this group is solely for social and educational purposes, and is not to be used for program information, administrative questions, etc. A moderator will be put in place to make sure the online community activities serve this purpose. All program related and administrative questions should be directed to [info@itmworld.org](mailto:info@itmworld.org). You will be invited to the group via the email address you provided on your registration form.





# SOUND

IS A CARRIER WAVE OF CONSCIOUSNESS.

Steven Halpern