

# Shamanic Sound Healing

Weekend 16h training



Lelystad - The Netherlands

March 8 & 9th





Sound Healing can be wide,  
since there are many ways to do it.

In this weekend course you will learn about the shamanic  
approach by exploring some ancient instruments from Peru.

We will explore and remember together our  
healing powers and potential!







We will meditate to understand the importance of silence and connect with music from a more balanced mind.

In order to transform energy into pure expression and into healing frequencies of music we enter in a trance-state of the mind to learn directly.

This program contains theory and lots of exercises that will take you to start the path of Sound Healing or adding some extra musical magic to your life.

It is a powerful tool for therapists, healers, space holders and for anyone in general. You don't need to be a musician.



This is the pack that's included with the registration.  
We will dive into the depths of simplicity, healing and service  
with these sacred instruments, guided meditations and sharing  
circles with our new tribe.



Chaqchas, antara and maraca

There will be many more instruments to share with everyone.  
You can also bring your own instruments!





# SATURDAY

Welcome!	8 - 10
Introduction & Theory	
Sound Healing with Ruy	10
Shaking & Voice opening (with maracas & drum)	12
Lunch break	13
Music & Sound Healing jamming	14
Learning from wise Bamboo (exercises with antara)	15
Medicine songs (Singing circle)	16 - 17



# SUNDAY

Morning meditation 10:30

Healing to others  
(Exercise part I) 11

+  
Sharing 12:30

Lunch break 13

Meditation 14

Healing to others  
(Exercise part II) 14:30

Sound Healing  
with all the tribe 16

Sharing circle + theory 18

Last jamming & closing 19-20

8h



# INVESTMENT

EARLY BIRD

€ 222 (Until 13/02)

Full Price

€ 250

\*Meals not included (VAT incl)  
(bring your lunchbox to have lunch all together!)  
\*Accommodation not included

In order to confirm your registration and reserve your place in the training, we ask for minimum 50% deposit in advance to the following bank account:

NL45INGB0105490008

Ruy Valdemar Gonzalo Hinostroza Sipkes

Then send the payment receipt to my e-mail or Whatsapp:

[ruhinostroza@gmail.com](mailto:ruhinostroza@gmail.com) or +31 686295168 

And welcome! 😊





# WHERE?

De Zonnekracht - The Tipi

Lelystad - The Netherlands

# WHEN?

Weekend of March the 8th & 9th

# WHO AM I?



[www.ruyhinostroza.com/biography](http://www.ruyhinostroza.com/biography)



MY MUSIC

SOCIAL MEDIA

