



## SHARON CARNE

### MASTER SOUND WELLNESS PRACTITIONER AND TRAINER

COMPANY: SOUND WELLNESS

EMAIL: [scarne@soundwellness.com](mailto:scarne@soundwellness.com)

WEBSITE: 1-on-1 sessions - [www.soundwellness.com](http://www.soundwellness.com)

Practitioner training - [www.soundwellnessinstitute.com](http://www.soundwellnessinstitute.com)

PHONE: 403.668.4085

ADDRESS: Calgary, AB



### SERVICES

Sessions available in person or online. Email Sharon to schedule a Complimentary 30 minute consultation.

#### **SOUND WELLNESS HEALING SESSION**

A Sound Wellness session could be a mixture of different techniques or sound tools to support your healing process. Some of the sound tools you experience may include: Tuning forks; Singing Tibetan and/or singing crystal bowls; the voice; or other sound tools.

#### **ZEAL POINT CHAKRA ACTIVATION TAKES PLACE OVER 4 SESSIONS.**

The Zeal Point chakra, located at the back of the head and at the base of the skull is beginning to open in many people. And it is creating a myriad of challenges. During the 3 sessions the Zeal Point chakra is cleared and connected to the body's main energetic systems.

### BENEFITS

- ✓ Deep relaxation
- ✓ Reduce or eliminate pain
- ✓ Boost your immune system
- ✓ Diminish depression
- ✓ Dissolve emotional blocks
- ✓ Stimulate the natural healing ability of your body
- ✓ Accelerate growth in consciousness
- ✓ Give you peace.

### EDUCATION

- B.Mus. Queen's University
- M.F.A. University of Minnesota
- Certified Sound Healer
- Reiki Master
- Acutonics® Practitioner

### EXPERIENCE

Over 25 years of experience providing Sound Healing, Reiki and other modalities.

Since 2006, I have created and facilitated leading edge programs on the use of sound and music to relieve stress, to improve health, and bring calm and peace. These programs bring a lasting solution to the problems caused by stress.

In 2017, the Sound Wellness Institute was formed to provide programs for training for both holistic practitioners and the workplace. Our practitioner training has received national approval through the Natural Health Practitioners of Canada Association.

### ASSOCIATIONS

- Alberta Registered Music Teachers Association
- Evolutionary Business Council
- Wellness Universe