

# SOUND EMPOWERMENT TRAINING

Introduction to Using Sound as a Tool for Wellness

**INVEST** a day learning how to empower others to help themselves. **LEARN** profoundly effective skill sets that will enable you to use sound as a tool for transformation with any group or individuals with which you work.



*with Jim Donovan*

**SATURDAY, MARCH 1, 2014**

**Noon – 5 PM**

Metamorphosis Center LLC  
300 Cedar Hill Drive McMurray, PA 15317  
724-260-0797

\$99 adv registration  
\$129 day of event

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***Beginners (especially “non-musicians”) are warmly welcomed. There are no prerequisites. Instruments and full training manual are provided.***

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**The Sound Empowerment Training will teach you a wide array of techniques that;**

- Energize the brain and clear the mind
- Lessen resistance, fear and apathy
- Create deep relaxation and stress relief
- Encourage connection within fragmented groups
- Expand conscious awareness
- Unblock energetic and emotional congestion
- Foster lasting interpersonal bonds
- Inspire people to take better care of themselves
- Open creative thinking and expression

**About The Your Facilitator—**

**Jim Donovan** is an award-winning musician; educator and founding member of the multi-platinum band Rusted Root.

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**REGISTER ONLINE: [JimDonovanDrums.com](http://JimDonovanDrums.com)**

**REGISTER BY PHONE: 724.260.0797**

# SOUND EMPOWERMENT TRAINING

## Introduction to Using Sound as a Tool for Wellness

### You will learn ready-to-use methods that focus in three areas:

1. Basic Group and Individual Rhythm & Drumming Techniques
2. Voice and Vocal Toning for Everyone
3. Breath work and Simple Movement

### Who should attend?

- Anyone interested in utilizing the power of sound
- Music Therapists
- Yoga Teachers
- Anyone involved in the healing arts
- Music Teachers
- Drum Circle Facilitators
- Wellness Practitioners
- Energy Workers
- Therapeutic music makers
- Anyone who works with people with PTSD and returning veterans
- Anyone who works with children
- Addiction and substance abuse counselors
- Camp Counselors
- Grief Counselors
- Sexual abuse and domestic violence counselors
- Alternative healers
- After school activity directors
- People who work with disadvantaged youth
- Social workers
- Disaster relief workers
- Church and spiritual group leaders
- Elementary educators
- Corporate Facilitators seeking new tools for their activity toolbox

### What else will you get?

- A certificate of completion indicating that you have completed Jim Donovan's Introductory Training
- 5 hours of interactive training
- An opportunity to practice and get feedback and coaching from Jim and other participants
- Specific effective techniques that will help you overcome pre-event nervousness
- A training manual that details your entire training program for your reference
- Tried and tested step-by-step foundation methodology
- Marketing tools, templates and tips for those wanting to create programs to sell
- Resources for additional reading, source rhythms and ongoing learning

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