

**TONING FOR PEACE
CIRCLE HOST**

Requirements:

Approved Application

VTM CD Set
recommended but not
required

Attend or host a toning
group

*Content, requirements, and
tuition at each level are
subject to change.
Allowances will be made
for those already engaged
with the program.*

**Private sessions are required and
may require additional cost if content
delivery goes over maximum hours.
1 free hour is already included in all
programs.*

**LEVEL I
VTM FOUNDATIONS**

Content:

Intro to Sound Healing
Physical Warmups
Breath Work I
Voice Care
Vowels & Syllables
Experimental Palette Part I
Toning Methods
VTM Fundamentals
Sanskrit Seed Syllables
Tibetan
Chi Gong
Call & Response
Feeling & Listening
Ethics & Creating Safe Space
1 Private Session*

Course Requirements:

journaling
cover all content
1 private session with me
Give 1 free public talk
and host at least one toning
circle
course evaluation
final examination

Required Reading:

Healing Sounds
The Healing Voice (Joy's)
Sacred Sounds

Prerequisite:

NONE

Tuition: \$299 + S&H

Certification:

VTM Facilitator

Upgrades: PLAN B \$129

PLAN C \$324

**LEVEL II
VTM FOUNDATIONS**

Content:

Toning the Bodies
Traditional/
Personal
Energy Body
Emotional Body
Chakras & Colors
Traditional
Dissolving
Breathwork II
Experimental Palette Part II
Mudras, Mantras & Chants
Free Form Toning
Ethics & Creating Safe Space
Planning & Leading Groups
2 Private Sessions*

Course Requirements:

journaling
cover all content
5 one on ones w/ friends
2 private sessions with me
Hold 1 1-hour ongoing
group for 4 weeks
Video or live observation
course eval and final exam

Required Reading:

Toning
Being in Vibration
The Healing Voice (Paul's)

Prerequisite:

Level I

Tuition: \$700

(up to 12 hours)

Certification:

VTM Certified Practitioner