

I already know how to tone. Is this program for me?

Whether you have experience toning or are completely new to it, this program is designed to meet many different needs. Since there is a philosophy to Vocal Toning Meditation, even if you've worked with other toning methods, this program will give you new insights and combinations of practices. My approach and background are unique, and that comes through the training. It is why Level One is required to proceed to Level Two.

I just want to do this for myself. I don't want to work with clients. Will the program suit me?

Absolutely! It's one of the reasons I decided to make three plans now available for Level I. While Level One is based on the assumption that you will want to share this work with others, that doesn't mean that the teachings and practices aren't valuable in and of themselves. In fact, Levels I and II are very much geared toward personal practice. Level IIA, however, is strictly for those who wish to work with others and wouldn't be useful to you.

How do I begin?

Proceed at your own pace, working through each of the lessons and reading your texts as your schedule allows. Spend at least one week on each session practicing and applying the content daily and experimenting with and expanding the exercises. Integration may take you more time, so go slower if necessary but work consistently. The book reading is really to help give you a broader foundation of knowledge from which you can then make your own discoveries, so don't feel that you have to master everything within the texts. Focus instead on the practices on the CD. If you have friends who are also engaged with the course, you can meet to discuss and practice the exercises together.

What do I do when I have questions or am confused by an exercise?

First of all, know that you will not do anything “wrong”. **What works for YOU?** Toning is really an exploration, so if you aren't sure what is intended with a particular exercise, feel your way through it and experiment. Chances are, if I haven't specifically described the way to do something, it is because there is no “right” way, and the exercise can be approached in multiple ways. I am available to answer your questions by email on a weekly basis, though.

What if I need more support?

You may be someone who learns better with reinforcement or more personal instruction. If that is the case, as a special perk to program participants, you may schedule additional private sessions with me at 40% off my regular hourly rates (25% on Plan A “CD Only”). This discount is offered up to six months from the original date of purchase after which my normal rates will apply.

What are the course requirements?

The requirements are different for each plan and at each level. For Level I, the requirements are as follows:

Plan A - “CD Only”

No requirements

Plan B - "Personal"

Journaling

60 minute private session

Attend a toning group

1 year to complete

Plan C - "Certification"

Journaling

90 minute private session

Required reading

Course documents

Attend a toning group

Evaluation

Final exam

6 months to complete

If I enter Level I on Plan A - "CD Only", can I upgrade to Plans B or C if I change my mind?

Yes, you may upgrade to Plan B for \$65 or Plan C for \$250. You must also meet any course requirements in those plans.

What if I want to continue on to Level II?

Fantastic! If you on Plan A, this will require an upgrade to at least Plan B. At this time, Level II is not available on CD and space is limited. So I am working via phone or Skype with participants to deliver the content. Call or email me to register.

Any plans to offer Level II on CD?

As a matter of fact, yes, but it may take a year or more before I can record the content. However, there are no plans to offer Levels II A and above on CD. The content weight and work at those levels will require more interaction and personalized attention than a CD can deliver.

Your Satisfaction is Gauranteed!

You have made an investment in Vocal Toning Meditation, and I want you to be completely satisfied with this program. If you are not, please let me know what I can do to improve this package. You may (A) return the materials within 30 days for a full refund (minus original Paypal charges if applicable and not including return postage) or (B) return the materials before completing certification for a ½ refund (minus original Paypal charges if applicable and not including postage). Of course, I'm confident you'll find the program everything you'd hoped!