

## **TUNING IN....**

### **Sound Healing and Biosonic Repatterning with Vicki....**

While furthering her musical career, Vicki also studied a form of Energy Healing called Polarity Therapy and became a nationally Registered Practitioner in 1996. At the same time, under the study of John Beaulieu, N.D., Ph.D (one of the foremost philosophers and major innovators in sound healing), Vicki became a certified BioSonic Repatterning practitioner. She has taught in healing centers and massage schools throughout the US such as The New York Open Center, Polarity and Yoga Center of Malverne NY and the Austin School of Massage.

*Are you interested in the new (and old) discoveries about sound healing and how you can tap into this knowledge to increase your concentration, focus and effectiveness?*

*Are you looking for new ways to deepen the benefits of your massage or bodywork practice, yoga class, or meditation practice?*

*Are you a musician who innately understands the power of 'sound' and would like to take it to a deeper, therapeutic level?*

*Would you like to learn a simple, natural way to strengthen your immune system anytime, anywhere?*

Sound has been used continuously throughout time and in all cultures and healing practices. Sound healing, when integrated with mindfulness and breathing practices is one of the quickest and most effective ways to achieve relaxation. Biosonic Repatterning uses tuning forks and other sound modalities based on the sonic ratios inherent in nature. During the listening process our physical body will actually reposition itself to hold the proportion and sound correctly. This brings greater balance to our entire body, eases stress and allows us to process and handle challenges with greater ease.

The tuning forks work beautifully on their own and can also enhance the effects of other therapeutic modalities, such as massage, acupuncture, dream work, visualization, meditation, etc.

Vicki is currently creating a series of instructional and experiential videos that will demonstrate the theory and techniques involved in working with sound for your own health, or for working with others.

She also is available to teach online - in group classes or one on one.

\* While people are not advised to meet in person due to Covid 19, all classes will be available virtually, through Zoom and the curriculum adjusted accordingly!

## **Biosonic Repatterning - Level 1**

Using Tuning forks and voice for Healing

A practical, hands on workshop with Vicki Genfan

Drawing from the work of Sound Healing pioneer John Beaulieu, ND, PhD, Vicki will present the basic principles of Biosonic Repatterning, a natural method of healing and consciousness development using tuning forks and voice. You'll learn about the origins of this work and its scientific basis. Then you'll get hands on experience using the forks on yourself and each other.

The class will focus on two types of tuning forks, the Body Tuners which are two forks (C & G) tuned to the sacred interval of the Perfect 5th, and the Otto 128, a fork which can be placed directly on the body. This simple yet powerful combination of tuning forks is a fantastic way to start experiencing the benefits of sound healing which include, but are not limited to:

- Deep relaxation
- Improved mental clarity and focus
- Increased physical energy
- Balancing of your nervous system
- Release of Nitric Oxide which strengthens the immune system
- Enhancement of massage and other therapeutic modalities

You'll take home protocols that will make it easy to practice what we've learned in class on your own.

*“Vicki Genfan is a special teacher who understands music, clinical practice, and sound healing. She knows sound healing from the perspective of getting results and she understands how sound healing integrates with other modalities like bodywork and psychotherapy. I recommend her classes for musicians who want to understand how sound and music heal as well as therapists who want to integrate sound healing into their practice. She is an expert with tuning forks and their applications and lives the creative uses of sound and music in her life.”*

– Dr. John Beaulieu, N.D., Ph.D.

**Biosonic Repatterning - Level 2**

Learning to work with the Crystal and Angel Tuners

**Biosonic Repatterning - Level 3**

The 5 Elements:

Working with the Solar Harmonic Spectrum tuning forks

And understanding the Pythagorean intervals

**Biosonic Repatterning - Level 4**

Combining our knowledge of all the different Tuning Forks and

Creating sound healing protocols using the 5 Elements to

Assess our energy needs.