

**Whitman Wellness School of Yoga
900 Hour Yoga Mastery Program**

Faculty: Rachelle Croteaus

Course Name: Vibrational and Sound Therapies
Vijnamaya and Anandamaya Kosa

Overview: Through lecture and demonstration experience different modalities of sound and vibrational therapies affect and support wellness in the body, mind and spirit of an individual.

Learning Outcomes:

Participants will discover the effects of sound therapy and vibrational methods
Participants will be educated in the various methods and techniques of sound and vibrational therapies available for treatments.
Participants will be able to implement the knowledge and experience gained in workshops, with clients, in classes.

Total Hours: 3-4 hours

Course Organization:

Lecture on several different modalities of sound and vibrational techniques

Including:

- Singing Bowls
- Tuning Forks
- Biocoustical Mat
- AO Scanner
- Reiki
- Cranio Sacral

Faculty Bio:

Usui Reiki Master, Certified Reflexologist, Craniosacral Therapist, IET Master Teacher, 500hr Yoga Teacher, LMT and Usui HolyFireII Karuna Reiki Master Teacher

Rachelle has been practicing Energy healing arts since 2003. She began by getting regular treatments to help with fibromyalgia, plantar fasciitis and mild depression coupled with p.t.s.d. due to the profound effect these treatments had on her. Rachelle decided to learn these arts so she could show others there was another effective deeper way to heal without side effects.

Rachelle's Reiki training is with William Rand through the International Ctr. for Reiki training. She also felt the calling to train with John Harvey Gray. Whose lineage links directly to Mrs. Takada the woman who brought Reiki to the United States. Her training in Craniosacral therapy is through the Upledger Institute. She also proudly received her Reflexology certification with the New England Institute for Reflexology. She prides herself in constantly adding to her skills and seeking out the most recognized training institutions. So she can be the best she can be for her clients.

She has a bachelor's degree in business from Johnson and Wales University and a background in business management and sales. Rachelle has been a Reiki volunteer for Old colony hospice and has experience working with autistic children. She finds holistic healing work extremely rewarding and has seen the effects of this work change many people's lives for the better. Her dream is to help families add holistic healing to their everyday lives.

Rachelle is a member of the Reiki Membership Association and is also fully insured.

