

PRACTITIONER TRAINING

SOUND WELLBEING

Have you ever wanted to learn how to heal with frequency of vibrations?
Now is your chance! With more than 10 years of experience as a certified Tuning Fork Practitioner and Sound Healer, Amanda Mackay has used her skills to restore balance to bones, nerves, lymph and body tissue. With many other Tuning Fork Practitioner courses you're required to purchase the equipment separately without having the knowledge to know what to buy. We've put together your very own Practitioner Kit to help you get started!



SACRED GEOMETRY

Are you ready to unlock the power of healing with the frequency of vibrations through Sound Healing and Sacred Geometry?

Imagine the ability to utilise Sacred Geometry and evolve consciousness. With our course, taught by Amanda Mackay you will gain the knowledge and skills to transform your life and the lives of others. Don't miss this opportunity to tap into the healing power of sound and sacred geometry.

Sign up now and start your journey towards holistic wellness.

Sound Wellbeing

About Amanda Mackay

Amanda Mackay is a sound therapist specialising in tuning fork therapy. She helps clients balance dissonant



emotions, behaviours and thought patterns, whether learnt from family/society or the result of challenging life experiences that present as stress. Amanda has particular interest in assisting with long term stress, relationship stress, intergenerational trauma and women's health with a focus on pelvic pain conditions, fertility, peri-menopause and menopause.



AN ANCIENT PRACTICE FOR MODERN TIMES

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SonoKi

SOUND THERAPY

BODY PAIN | STRESS | ANXIETY
INFERTILITY | PELVIC PAIN
ADHD | LONG TERM STRESS
INTERGENERATIONAL TRAUMA

TUNING FORKS

SHOP FOR SELF USE

TRAINING

PRACTITIONER

WORKSHOPS

SOUND WELLBEING

SESSIONS

IN PERSON + DISTANCE

Tuning fork therapy is a unique form of energy medicine that uses sound waves, produced by tuning fork vibrations, in our bio magnetic field (or biofield) that surrounds the body.

Calming for an overactive mind, soothing for muscle stress, tuning fork therapy brings balance with non-invasive, gentle treatments.

Deeply relaxing, rejuvenating & restorative. Tuning forks on the body are like a deep massage on a cellular level without the discomfort or oil.

Tuning forks can easily be introduced into your everyday life.



- Improved Sleep Quality
- Pain Relief and Muscle Relaxation
- Heightened Creativity and Cognitive Clarity
- Strengthened Immune Function
- Elevated Mood and Emotional Resilience
- Holistic Self-Care and Mind-Body Connection

Tuning forks

Unweighted

Unweighted forks are ideal for precise tuning and calibration of the biofield, each having unique benefits.

- **174 Hz** | Aluminium
- **144 Hz** | Aluminium
- **432 Hz** | Aluminium
- **528 Hz** | Aluminium
- **396 Hz** | Aluminium
- **111 Hz** | 24K Gold + Blue Titanium



Weighted

Designed to use on the body to ease muscle tension, encourage blood + lymph flow and calm the nervous system.

- **128 Hz** | Aluminium
- **174 Hz** | Aluminium
- **144 Hz** | Aluminium
- **89 Hz** | Aluminium



Kits and Bundles



- Starter kit
- Pain Relief kit
- Love kit
- Intuition kit
- Deluxe tuner kit
- Accessories kit

As you embark on your sound therapy journey, keep an open mind and heart. The transformative power of sound, channelled through the precision of tuning forks, has the potential to bring greater harmony and balance into your life.

Tuning Fork Handle Extender

Handle extenders easily attach to weighted tuning forks for use on the body and may also be used with unweighted forks. Excellent for a comfortable grip, ergonomic and easy use, good for those experiencing RSI or arthritis.

Tuning Fork Boots

These handy accessories make it easy to target pain points, may also be used on the face for a non-invasive rejuvenating experience.

- Gem boots
- Steel boot



FORK CARE

Activate softly, less is more.

- Gently clean your fork with a microfibre cloth.
- Store in a cloth or upright in a tuning fork stand.
- Cleanse energetically with a selenite crystal. Simply lay the crystal near or under the fork.

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