

www.soundbreathmovements.com

JOURNEY OF SOUND FROM YOUR HEARTBEAT TO THE COSMOS



SOUND INITIATION PROGRAM

30+ INSTRUMENTS & SELF



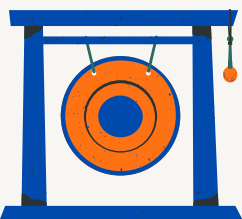
Venue

Barsha Heights, Dubai

25+ HOURS

15+ HOURS PRACTICE

9+ HOURS THEORY



Sound Initiation Program

Integrative Training Certification in Sound Therapy



LEARN THE ART OF SOUND, ITS HEALING POWER THROUGH THE SELF AND INTEGRATING THE FREQUENCIES OF 30+ ANCIENT INSTRUMENTS

Intensive Practice journey Curated By Sagar Dugani

Value Add

- ✓ 50% DISCOUNT ON THE GROUP SESSIONS & PRIVATE SESSIONS FOR THE NEXT 3 MONTHS.
- ✓ YOU WILL PRACTICE/EXPERIENCE THE SESSIONS IN 3 WAYS, OPEN EYES, CLOSE EYES & FACILITATING THE SESSIONS.
- ✓ HAND-WRITTEN BOOK FROM SAGAR, WHICH CONTAINS THE PRIMARY ASPECT OF DATA FROM THE PRACTICES OF SOUND, BREATH & MOVEMENTS FROM 15-PLUS YEARS.
- ✓ PRACTICE WITH 3 DIFFERENT KINDS OF SINGING BOWLS SETS (FULL MOON, NEW MOON & MID MOON)
3 DIFFERENT GONGS & 30+ ANCIENT INSTRUMENTS.
- ✓ FREE ACCESS & DISCOUNTS TO BE PART IN THE SESSIONS & RETREAT DONE IN OTHER VENUES IN FUTURE.
- ✓ DEEP-DIVE INTO 30+ PLUS INSTRUMENTS, IN-DEPTH SHARING & PRACTICAL APPLICATION OF HOW TO USE THEM IN A SESSION.
WHOLESALE PRICE WITH CUSTOMISED & PERSONALISED HANDMADE INSTRUMENTS FROM DIFFERENT MASTERS IN THE WORLD
- ✓ WHO HAVE DEDICATED THEIR LIFE TO SOUND (SINGING BOWLS & GONGS WITH YOUR NAME & PATTERNS EMBEDDED.
- ✓ SNACKS, NUTS, JUICES & VEGETARIAN/VEGAN/AYURVEDIC FOOD IS PROVIDED FOR ALL THE DAYS.

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Introduction to different Kinds of Instruments

All the instruments are curated to raise awareness of the being while activating different energy centres & emotions to heal, relax & observe.

Breath Instruments

4 Different Type of Didgeridoo, Mouth harp, Ocarina & Animal Sounds to Create & experience a Jungle Ambiance in the session.

Percussion Instruments

Djembe, Shakers, Rattlers, Shakers, Bells & chimes collected from different parts of the world from shamans to create the chaos within & not react.

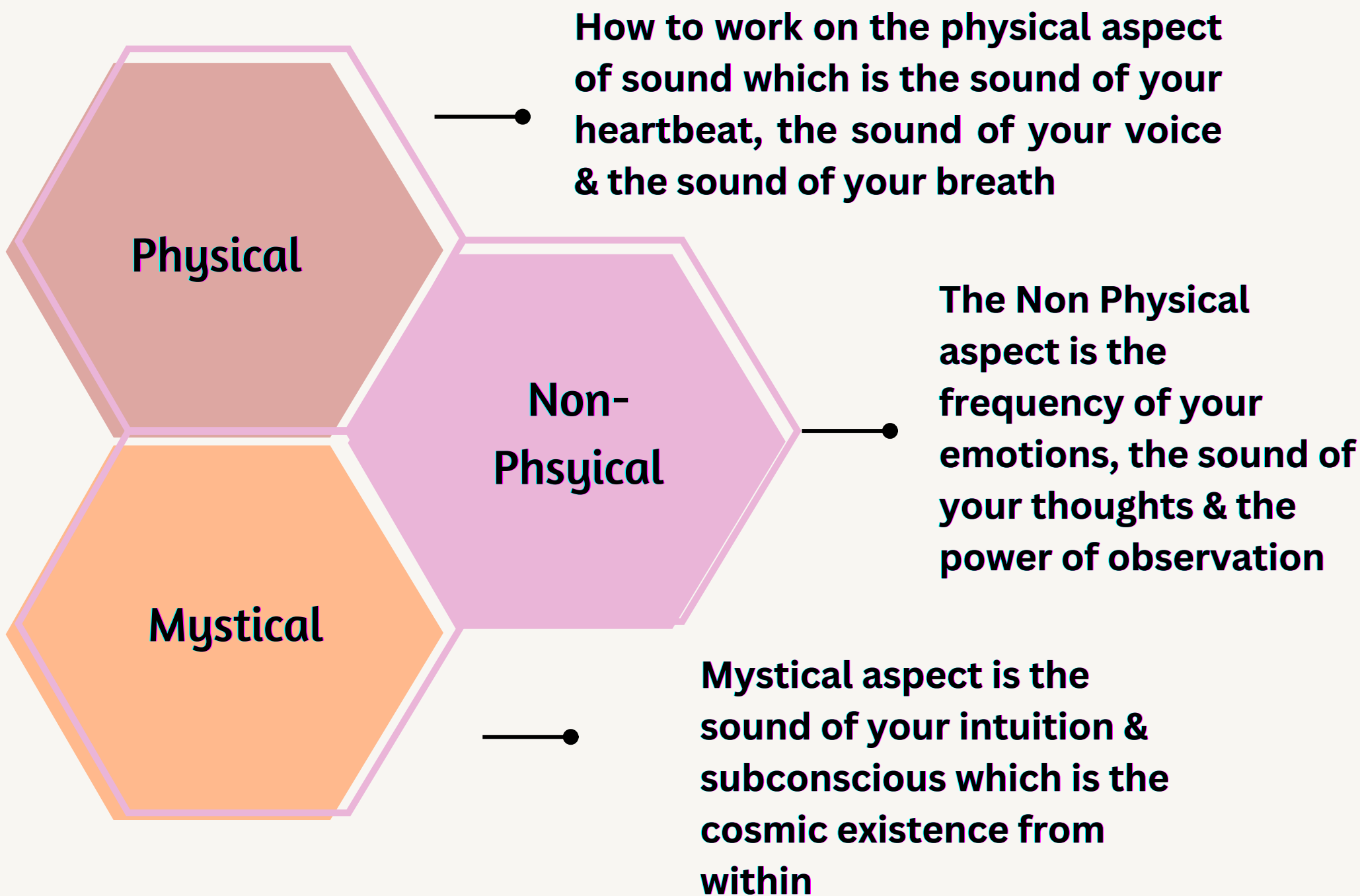
Sound Of The Cosmos

Handmade, 3 Different types of Gongs & 7 metal singing bowls (3+ sets) to understand the different variations & merge the instruments.

DNA Instruments

DNA instrument made by friend, wind chime, ancient instruments from Java Tribe Bali & a unique one of its kind handmade Handpan.

We Shall Cover The Main 3 Aspects Of Sound in the Body



Raising Self Awareness Through The Power Of 3 Emotions

Kindness

Practice to Initiate yourself into kindness to bring peace & pleasantness within

Clarity

Seeking Clarity within to have a clear & Truthful Conversation with self & Others

Strength

Strength is required to be Initiated within self To Speak The Truth with kindness



Meet Your

Instructor

I Have done Bachelor's & Master's in Business Management with a specialization in Human Behaviour, Psychology, Economics, Marketing & finance. I have worked with Corporate for 11 years as a Senior Data Analyst now transitioning into the journey of self.

I have been into fitness for more than 10 years of my life which pushed me to start a new chapter.

In my present I practice sound, breath & movement modalities & how they function in our body. I play more than 15 instruments attended more than 50 sessions from different shamans & devised methods to raise the awareness of self. Sharing the practices forward with Kindness, Clarity & Strength



Sagar Dugani



sagardugani@soundbreathmovements.com



Achievements

- Worked with more than 15000 people
- World Leaders Award by “H.H Sheikh Obdulhakim Obaid Suhail Buti Al Maktoum”
- Awarded Outstanding Sound Healing Therapist, Dubai Mastermind Awards 2024
- Featured in multiple news channels, India & Dubai
- Interviewed in Lovin Dubai Channel for the Sound Modality
- Nominated for best artist by Musivv Dubai 2023

✦ Reviews ✦

Sagar's Sound Healing Therapy truly stands out as something extraordinary. His remarkable skill in using these instruments with a special purpose shines through, gently dispelling any negative beliefs and states within the body, mind, and soul. Sagar's immense support has played an invaluable role in my healing journey, guiding me from a life-threatening illness to a place of near-perfect functionality. He has skillfully created an environment brimming with unconditional love, compassion, empathy, and a magical intention to aid in my recovery. I wholeheartedly recommend Sagar's therapy to anyone experiencing any form of discomfort or hindrance. Whether it's about overcoming obstacles or simply seeking rejuvenation, his transformative approach can work wonders.

Warmest regards, Theo

"I have done 4 sessions with Sagar on sound healing and it's been a powerful therapy for me. I didn't know anything about sound healing before and I found it just by chance. The first session was so powerful to me that I knew I had to continue. I was working on emotional traumas, trying to understand myself and heal, as well as on a physical level trying to correct certain deficiencies. During the sessions I could see my emotions taking shape and my internal organs moving. On my personal experience, these sessions have changed my life. I have learnt the power of sound and vibration and how it affects your body in a molecular level, it's fascinating! Sagar is very knowledgeable and explains everything in a very understandable way. He is such a kind and warm person, he cares about those seeking healing and makes you feel comfortable so the healing happens. I'm telling all my friends to try it as it can help in so many ways.

- Marea Tudela

"Sagar is a very special soul! His sessions are so powerful and yet delivered with a gentle and kind touch to it. I like to say that sound healing takes you on a journey, but Sagar has the ability to take you on multiple journeys in one session! I have attended Sagar's sessions and also done a second sound healing course with him as I felt there was so much more to explore, we went on this journey and I found answers to questions I didn't think I had. I left feeling like a treasure box with all the learnings but even more from my time spent with this magical soul. Thank you Sagar ♥ shine bright my beautiful friend ✨"

- Micaela Arruda