

# Day Retreat in Serenbe: Foundations of Sound Healing with Malinie Feeney



HIGHLAND YOGA



# Date: June 8, 2025

## Discover The Power Of Sound

Welcome to Foundations of Sound Healing Training! Join us for an immersive one-day retreat designed for those looking to explore the foundational principles of sound healing. Experience the power of sound to promote relaxation, balance, and well-being while learning techniques to integrate into your personal practice or professional offerings.

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# Itinerary

## Your day includes....

- 9:00 AM - Arrival and Welcome Circle
  - 9:30 AM - Introduction to Sound Healing: Theory & Benefits
  - 10:30 AM - Hands-On Workshop: Exploring Sound Instruments (Crystal Bowls, chimes, ocean drums, frame drums, rain-sticks and much more)
  - 11:30 AM - Learning Techniques: Sound Healing for Personal and Community Wellness
  - 1:00 PM - Lunch will be provided + Nature Walk + Outdoor Guided Meditation & Sound Bath Experience
  - 3:00 PM - Participants will facilitate Sound Bath
  - 4:00 PM - Closing Circle and Q&A
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- All sound instruments will be provided, so just come ready to explore, learn, and connect!



## Staying an extra day? Additional activities:

- Trail Riding
- Wine Tastings
- Farm Tour
- Spa Access
- and more

## Want to spend the night?

- Serenbe Inn or home rentals available. Pricing and booking available upon inquiry.

# Integrative Healing Schedule

Embark on a soul-nourishing journey with Malinie Feeney, a devoted 500-hour certified yoga teacher and sound healer, as she guides you through a transformative sound healing retreat. In this sacred space, you will be introduced to the ancient practice of sound healing, exploring the resonance of various instruments and their profound effects on the body and spirit. Discover practical techniques that honor safety and ethics while deepening your connection to self and others. Experience the uplifting power of a group sound bath, where sound waves will wash over you, facilitating emotional release and spiritual awakening. As you complete this enriching experience, you will receive a certificate of completion, honoring your commitment to personal growth. Delve into the myriad benefits of sound healing—stress reduction, emotional healing, enhanced well-being, and the cultivation of mindfulness and presence—allowing you to return home to your essence and embrace your path with greater clarity and purpose.



# About Serenbe

## Get away from it all - 45 minutes from Atlanta

Nestled in the rolling hills of Chattahoochee Hills, just 30 minutes south of Atlanta, Serenbe is a wellness-focused community where nature, art, and intentional living come together in harmony. With over 1,000 acres of preserved forests, meadows, and winding trails, Serenbe offers the perfect backdrop for rest, renewal, and reconnection.

From organic farms and award-winning restaurants to tranquil landscapes and thoughtfully designed spaces, Serenbe is more than a destination—it's an experience. Whether you're savoring fresh air on a morning walk or finding stillness beneath the trees, every corner invites you to slow down and come back to yourself.

There's no better place to unplug, reset, and deepen your practice. Join us for a day of yoga, community, and grounding in one of Georgia's most serene and inspiring settings.



# Pricing

**Investment: \$350**

**Includes:**

- Morning and afternoon programming
- Lunch
- Certificate of Completion including CE's.



# FAQ

## Travel & Accommodations

- Serenbe is located just 45 minutes south of Atlanta, GA
- Want to spend the night? Accommodations available through home rentals or the Serenbe Inn.

## What To Bring

- Yoga/workout clothes
- Journal and pen
- Yoga mat (optional - mats are available to borrow)
- Sunscreen
- Hiking/Walking shoes
- Water bottle
- Snacks to fuel your energy!

## Ready to book?

Email [elsie@highland-yoga.com](mailto:elsie@highland-yoga.com) for a custom quote



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