

Training in
INTUITIVE MUSICAL ACCOMPANIMENT
2025

For doctors, therapists and facilitators working in PAT (psychedelic assisted therapy) and other therapeutic professions

Head: Ananda Cornelia Jecklin

Co-leadership: Carola Fürbaß and Roman Titzenberg

The “**training in intuitive musical accompaniment**” teaches a simple and intuitive use of musical instruments and the singing voice. The training is designed to enable you to accompany a client according to the situation, their condition and an inner need through music, sound, rhythm and song. Music works on different levels and in different ways:

Physical: grounding, relaxing, releasing

Emotionally: deepening, giving direction, relaxing, vitalizing, organizing

On the mind: focusing, releasing, opening stillness, calming

Music creates a field of presence and trust between the facilitator and the client, which provides the basis for delving even deeper into the inner processes and letting go of control.

With the “right” sound, rhythm or song, blockages can be released, or chaotic moments can be given a direction, a flow. Rhythm and sound research confirm that we are essentially dealing with the **primal movement of creation, because all living things pulsate**, swing, vibrate and oscillate. This is why rhythm and sound, used correctly, are extremely powerful “tools” for restoring order and flow to the body, psyche, emotions and energy body.

To find the “right” sound etc. as a facilitator, you need to be able to enter a non-linear state of perception by **connecting with the client beyond your persona** in the “now field”. You learn to get out of your own way. You become a “channel” and you listen to yourself as “it” conjures up the “right” music through you. “Inhabiting” this inner space is essential, and in this course, you will also explore and **develop the state of awake trance (deepest presence)** within yourself.

You will also need a **solid foundation of knowledge**, rhythmic competence, ease with rhythm and sound instruments, as well as an open voice. We look forward to opening this world to you.

Prerequisite for participation

You would like to use music, sound, voice and rhythm as a medium in your sessions and treatments with people in an accompanying and supportive way. You can really imagine holding a healing and supportive sound-rhythm space for people. You would like to learn, deepen and develop these skills.

Participation in **the Gateway Workshop on December 7/8, 2024, is a prerequisite** for participation in the training. We will get to know each other at this workshop. Afterwards you can hand over or send us your registration. This will also include a questionnaire so that we can find out a little more about you. We will be able to accommodate a maximum of 10 participants.

You will sign a small agreement with us, which clearly sets out all the details, including the commitment to be present at all modules. You will regularly work on the learning tasks that we will give you after each module, so that we can strengthen the cohesion of your learning.

Gateway Workshop - The World of Healing Vibrations

With Ananda, Carola and Roman

Date: December 7 & 8, 2024

Location: Flow 60, Trichtenhauser Strasse 57, CH - 8125 Zollikerberg (easy to reach from Zurich center by public transport / parking at the location)

During these two days, you will get to know our way of working and us as a team. We will give you a clear understanding of what this training course is all about and what working methods you will learn along the way. We will also get to know you, which will help us to support you in your decision. As we can accommodate a maximum of 12 people at Sunnenrich Retreat Center the learning process will be very close and dense. It is therefore understandable that we are also interested in forming a homogeneous group. Experience has shown that this process largely resolves itself in harmonious self-organization. **In any case, this workshop is a deep experience, which will give you inspiration and self-awareness, regardless of whether you are accepted into further training afterwards or not.**

Times: Saturday, Dec. 7: 10.00 to 22.00 (with breaks)

Sunday, Dec. 8: 10.00 to 17.00 (with breaks)

Cost: 295.- CHF

Please book and pay directly via this booking link:

<https://sunnenrich.ch/buchung/Die-Welt-der-heilenden-Schwingungen-p692396444>

This confirms your participation. Cancellation conditions can be found in the booking system.

Contents -

Pedagogical and musical “tools” in this training course:

TaKeTiNa Rhythm Pedagogy

With Ananda, Assisted by Carola

Rhythmic learning is also experienced here as human learning. Rhythmic skills develop through play.

Through spoken rhythm syllables and body movement, learning is anchored in the network of listening, feeling and moving.

We start with **the body as a musical instrument** and will add simple rhythm instruments such as the shaman drum and rattle.

TaKeTiNa teaches us the state of an awake, relaxed trance, the state of simultaneous perception, where activity and surrender are united in the highest presence.

Sound & Rhythm Improvisation

With Ananda & Roman

Here we turn to **the intuitive listening, feeling and playing of sound and rhythm instruments**. You will learn the characteristics and playing techniques of singing bowls, gongs and percussion instruments. You will also learn how to use them in relation to other people and how to adapt them to the emotional moment.

Shamanic drumming

With Ananda

Pure deep **relaxation & regeneration**

This drumming connects with the pure pulsation of approx. 4.5 - 4.8 beats per second. These 4.5 - 4.8 beats correspond to the deep range of theta waves in our brain. When these levels rise in your brain, you experience a deep relaxation that very quickly brings your vagus nerve into a harmonious state and **activates your internal “self-healing program”**. This is very nourishing and healthy. In this theta state, you either drift into a deep regenerating and “self-organizing” sleep or into a state of expanded awareness.

Introduction to simple mantras

With Ananda & Roman

Mantra refers to a sacred syllable, word or verse. **Mantras are “sound bodies” of spiritual power** that have a positive effect on body, soul and spirit through repetitive recitation. They give a feeling of being uplifted, of stillness, connectedness and protection.

If a mantra is practiced over a longer period of time (weeks, month, years...), it can bring about profound changes in life.

BodyVoiceHealing

With Carola, Assisted by Ananda

- **Voice development**
In special BodyVoice exercises, we combine breath, movement and voice and thus open the energy channels in which the voice can flow freely. You will also learn to consciously guide your voice.
- **Healing singing**
Here you will learn how to become a voice channel. Connected, with clear intention and dedication to using your voice “in service” for your client. You will also learn essential steps and tools to create a clear healing space.
- **Singing and improvising songs**
Easy-to-learn songs open the heart and create connection between therapist and client. The repertoire includes power songs from all over the world, (cross-denominational) spiritual songs and healing songs

Shamanic Voice development

With Roman

- **Overtone singing** is a vocal technique that creates the auditory impression of polyphony by filtering out individual overtones from the sound spectrum of the voice. Overtone singing gives us a special state of energy and spirit. It purifies our energy and our environment. It is a shamanic trance chant that heals. We will practice special breathing techniques and work with resonators and various overtone singing techniques.
- **Throat singing** is about our connection with the earth, the roots, the bones and our animal power. The method of healing singing leads us into deep states and trance healing. It is also based on body support, breath power and deep grounding. We will face our fears and allow ourselves to be a powerful animal-human. We will try different techniques and open our voices.

Qi Gong & Breathwork & Meditation (Accompanying support in all works)

- **Qi Gong** is a practice from ancient China, which has a strengthening and centering effect on all levels. **The flow of energy in the body is strengthened.**
- **Pranayamas** are breathing exercises that **energize our brain as well as the entire body.**

The modules

Module 1 - “You are rhythm”

In this module, you will explore **the sustaining and organizing power of the natural phenomenon of “rhythm”**. Here we **strengthen your “rhythmic energy body”**; the interface where you “know” that you are one with creation. This is where rhythmic abilities are formed. At first, we work only with the body, then we add simple rhythm instruments. In this process you will develop your rhythmic voice. And you will experience how rhythm moves you emotionally, mirrors your behavior and ultimately clarifies and organizes you.

We will also delve **into the world of creative play**, improvisation with rhythm and movement. You will learn how to let go of “will-driven action” and move from an inner stillness into movement, sound and expression. You will discover the spaces in between where you can hear others and playfully connect with their expression.

Module 2 - “Awakening the shaman in you”

In this module, you will immerse yourself in **ancient ancestral knowledge** that is still practiced today:

Shamanic drumming, as it is still practiced today in Siberia, among the Natives in America and in South Korea, is a very powerful “tool” via pure pulsation of 4 beats per second to create a synchronization with our nervous system. This creates a dominance of theta / deep delta brain waves, which leads you into a deep relaxation where the self-healing system kicks in via the vagus nerve. In this state, inner visions and insights can also show themselves. You will learn and recognize through your own experience what is possible.

Shamanic Siberian overtone and throat singing are ancient vocal techniques that generate powerful frequencies that can release blockages in the subtle, emotional and physical realms of our being and connect us with new possibilities.

In this module you will also find out what the effect and **nature of a ceremonial setting** is and how you can create it. Every ceremonial framework is there **to provide security and focus.**

Module 3 - “Your voice - your powerful healing instrument”

Unfortunately, many people say, “I can't sing”. It may be that your voice is not open and accessible to you for legitimate reasons due to your “life story”. In this module, you will playfully develop your voice and discover new things in it. You will experience how **the voice, with its great vibrating power, is a bridge from the inside to the outside**. It connects the spiritual and the worldly dimension.

The voice can bring emotions into consciousness and accompany them. It touches us at our core and creates deep calm.

In this module, you will be introduced to the “**healing singing**”. You will experience the effect on yourself as a giver and receiver. This is about **being inwardly empty and a channel**. In this resonance field, your voice supports the healing process of your client.

In this module you will also get to **know power songs and mantras**. At the right moment, these can be “door openers” for new experiences. For example, shifting from fear to trust.

The voice frequency that is in service to the client **creates a strong heart connection** and thus a field of trust in which deep healing can take place.

Module 4 - “The experience and initiation”

In this final module, you will **put into practice what you have learned**. You will be there for others and be equally supported in your personal process. Here we invite everything we are traveling with. We transform. You are alternately client and facilitator. Together we create the **ceremonial framework** that is right for us, giving us trust and security. We accompany you in your power and your work.

The important details:

Location of the Training: Sunnenrich Retreat, Sunnenrich 1, CH - 8816 Hirzel

Language: German / English

Number of participants: Minimum 8, maximum 12 participants

Dates of Modules 2025:

Module 1: March 14 - 16	“You are rhythm” with Ananda, assisted by Carola
Module 2: April 25 – 27	“Awakening the shamanic in you” with Ananda and Roman
Module 3: June 13 - 15	“Your voice - your powerful healing instrument” with Carola, assisted by Ananda
Module 4: July 11 – 14	“The experience and initiation” with Ananda, Carola & Roman

The price

is made up of two separate amounts.

Training cost:

- Management and co-management (real assignment and preparation)
- At least 18 hours of seminar time per module
- Teaching material for learning and practicing
- Travel expenses of the co-leaders
- Use of seminar room with infrastructure

2840.- CHF

Accommodation and meals:

- Vegetarian/vegan food, lovingly planned and cooked by a chef
- Tea, snack and fruit buffet
- Use of the whole house including the garden
- Use of the garden sauna
- Different prices incl. meals and infrastructure, depending on sleeping arrangements:
 - In a single room: 1410.- CHF
 - In a shared double room: 1275.- CHF
 - In the rooftop dormitory or tent (warm season): 1140.- CHF

Schedule of module 1 - 3 (small variables possible)

Day 1:

- 10.00 a.m. Arrival and room check-in
- 10.45 session
- 13.45 Lunch
- 15.30 Session
- 19.00 Dinner
- Afterwards Depending on energy level - relax or session

Day 2:

- 9.00 Session
- 11.00 Brunch
- 13:30 2 sessions with 1 hour break
- 18.00 Dinner
- 20.00 Session

Day 3:

- 9.00 Session
- 11.00 Brunch
- 13.30 2 sessions with 30 min break
- 17.00 End

Module 4 (4 days) has a different schedule. Starts like the other modules. Ends on the last day at approx. 14.00.

The team

Ananda Cornelia Jecklin

Head / Concept / Co-Developer of TaKeTiNa Rhythm Work

I was born into a family of musicians in 1966. This has left a deep impression on me. A life with sound and rhythm was laid in my cradle, so to speak.

For 40 years it has been my passion to convey holistic and spiritual self-care and to accompany deep processes of change.

The support of mental and physical transformation with rhythm, sound and energy work are my strength and come from a deep personal journey of transformation, as well as the good fortune to have completed profound trainings and teaching experiences. Since 2018, plant medicine (musical accompaniment in ceremonies and personal awakenings) and the therapeutic use of consciousness-illuminating substances have taken on a new important space in my life and work. I am willing to share my way of working in the application of sound and rhythm work for accompaniment in PAT.

As co-developer of the TaKeTiNa process and having co-developed TaKeTiNa trainings worldwide for many years, I am pleased to have the competence to now offer this special training.

You can find more information about me: <https://corneliajecklin.com/de/home/zu-mir/> and <https://sunnenrich.ch/cornelia-jecklin/>

I am delighted to have been able to invite Carola Fürbaß and Roman Tizenberg to join the team. Both are extraordinary teachers and therapists who have developed their uniqueness over many years by sharing their passion for the healing work with music, with sound and voice.

Carola Fürbass

Founder of BodyVoiceHealing

I was born and grew up in Bavaria in 1976. As a child I always wanted to be a singer and followed my curiosity as an autodidact and had my first performances as a teenager.

For 25 years now, I have been passionately helping people to develop their very own voice and to use it in a healing way for themselves or others, as well as to support and inspire people with my voice.

Due to my voice crisis at the age of 18, when I was unable to sing for a year, I intuitively and successfully researched how I could regain access to my natural voice and develop it. This gave rise to the BodyVoiceHealing Method, in which I have been able to accompany thousands of people in individual sessions, seminars and training courses, as well as through training and further education in the therapeutic, artistic, shamanic and coaching fields.

As an alternative practitioner, I know about physical and energetic connections in our sound body and combine this knowledge with practical tools to accompany people in their personal and vocal development.

You can find more information about me: <https://www.bodyvoicehealing.com/übermich/>

Roman Tizenberg

Sound Healer /Facilitator of overtone singing and throat singing

I am a musician and shamanic sound therapist.

For many years I have been researching the effect of sound instruments and the natural voice on life in general. Through sound we are alive and manifest ourselves in the world.

I was able to learn from various masters and shamans. I have been giving experiential spaces and retreats for a wide variety of people for 5 years. In recent years, I have also been involved in trauma therapy for war veterans from Ukraine as part of PAT in Spain.

For me, the central sound instrument is the voice. We are living resonators with unique qualities. When we sound together, we increase the power of the feeling-life connection. I love the singing of the roots shamans, it's about connecting with the earth, your own animal power and your bones.

<https://www.instagram.com/romantizenberg/>

If you are interested to take part in this training, please sign in at our webpage: www.musik-therapie.academy or contact us for any questions at: connect@sunnenrich.ch