

Well + Sound



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Offerings

Public group sound baths

Retreats & private group sound baths

One-to-one sound healing sessions

One-to-one sound massage sessions

Couples sound healing sessions

CARY EMLEY

Sound Energy Healer & Reiki Practitioner

Healing begins with listening. Listening to sound, to energy and to the wisdom within. As a internationally certified sound energy healer, I believe in the profound power of sound and energy to realign, restore and transform. Through group sound baths, private retreats and one-on-one healing sessions, I create sacred spaces where energy flows freely, allowing deep healing and self-discovery. My sessions, whether private or in community, are an invitation to explore the healing potential of energy and vibration, aligning mind, body and spirit in perfect harmony.

Training

- 2025 | **Katmandu Center of Healing**
Singing Bowl Therapy & Sound Healing Course
- 2024 | **The Thyme with Charlie Method**
Sound and Energy Healing Certification
 - Principles
 - Extended Principles
- 2021 | **Sound Healing Academy**
Sound Healing
 - Level 1 An Introduction to Integral Sound Healing
 - Level 1 Foundations of Integral Sound Healing
 - Level 2 Professional Integral Sound Bath Certification
 - Integral Sound Healing with Crystal Singing Bowls
 - Integral Sound Healing with Gongs
 - Balancing Chakras with Tibetan Singing bowls
 - Working with Musical Intervals
- 2022 | **Intuitive Coaching Training**
By Dr. Divi and Lynette Brown
- 2021 | **RoseWillow Reiki**
 - Usui/Holy Fire(R) III Reiki Level 1
 - Usui/Holy Fire(R) III Reiki Level 2

