

# ***Schedule of Fees for Classes, Workshops, & Festivals***

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7 Notes Natural Health, LLC

Rob Meyer-Kukan is an experienced conference, workshop, and festival leader. He has led musicians and those seeing natural health alternatives in educational opportunities at the local, state and regional level.

He is an engaging and inspiring teacher who has experience working with participants of all ages.

The following fees are for classes, workshops and festivals within a 2-hour drive from my home in Ann Arbor, Michigan.

## **Classes/Workshops**

Music Topic or Rehearsal/Clinic (up to 3 hours)

\$250, plus mileage

Raindrop Technique Training (3 hours)

\$25/person (use your oils)

\$45/person (use my oils)

With only one student the student must supply his or her own model.

## **Festival Conductor**

One day: massed ringing only

\$350, plus mileage and meals

One day: massed ringing with divisions

\$500, plus mileage and meals

Two day:

\$750, plus mileage, housing and meals

Mileage = \$.54/mi

For classes, workshops and festivals outside of a 2-hour drive from my home in Ann Arbor, Michigan please add mileage/airfare, housing, and meals.

\*Raindrop Technique Training Classes require minimum of 5 participants. I highly recommend participants providing their own oils. Suggestion - Participants pair up and share oils. Participants must supply - twin sheets, blanket (if desired) and massage tables.



# ***Group Sound Therapy Sessions, Sound Baths, or Sound Bath Meditations***

## **Pricing**

Individual or Small Group (10 or less) Singing Bowl Meditations  
60 minutes - \$250 (plus mileage at \$.54/mile)

Studios/Churches/In-Home (11 or more) Singing Bowl Meditations  
90 minutes - \$300 guarantee (plus mileage at \$.54/mile) or 60% of ticket sales.

## **A Few Suggestions for Running a Successful Event**

Name the Event something your audience will understand. I prefer "singing bowl meditation" or "sound bath"; but not everyone knows what that is. Choosing a name for your event to match a theme is helpful.

Suggested themes are:

- Singing Bowl Symphony or Symphony of Bowls
- Singing Bowl Meditation
- Sound Bath featuring Himalayan and Crystal Singing Bowls
  - Crystal Bowl Concert
  - Sound Journey
  - Restoration Day

In addition I offer these "standard" programs:

- Beside Still Waters - A relaxing Sound Bath/Singing Bowl Meditation
- Praying in Sound - An introspective Sound Bath/Singing Bowl Meditation
- Welcome Home - A centering Sound Bath/Singing Bowl Meditation

## **Specifics**

Arrival - I arrive to set up an hour before start time.

What to Expect? - Meditations begin with a brief introduction, breathing/breathe work, settling in, intention setting, then continue with the singing bowls, drums, gongs, wind chimes, and other instruments. At some point in the meditation I will, more than likely, walk around the space with a bowl or instrument. We will end our time with a brief closing/re-acclimating to the space.

Ticket price - I encourage you to set the ticket price for your market. I suggest \$25 advance, \$30 door for pricing. I encourage you to promote the event on your website, social media, newsletter, etc. I will also promote the event in my communications, social media, and website. Additionally, we can work together to create a Facebook event page which we will mutually maintain and post to.

