

SD71 Teacher Resource Document

Re: Movement, Mindfulness & Sound Workshop held Monday, Sept 21, 2026.

Facilitator Information:

Megan Pareis of Euphoria Sound Healing

Website: euphoriasoundhealing.com

Email: euphoriasoundhealing@gmail.com

Offerings: [Euphoria Sound Healing Events](#)

All SD71 teachers will receive 20% off any ticketed events now through December 2026 — just use the code SD71 at checkout. Feel free to join the email list on my website so you don't miss any upcoming events.

Instruments used for workshop -

[Tongue Drum 6" - 8 Note Tongue Drum](#) from Long & McQuade, Courtenay

(Same instrument that was used in the workshop on Sept 21st)

[Singing Bowl](#) from Mystic Earth Creations in Campbell River

(The green bowl that was used in the workshop on Sept 21st came from Mystic Earth Creations. This location has a variety of bowls to choose from all sourced ethically from Nepal.)

[Buffalo Frame Drum](#) 8" from Long & McQuade, Courtenay

(14" was used as demo on Sept 21st, but your school may have one you can use)

[Ocean Drum](#) 12" from inch Amazon

(Same instrument that was used in the workshop on Sept 21st)

Note: The larger they are, the easier they are to play.

Music Resource:

Spotify Playlist - [Sound Bath](#) This playlist offers some beautiful tones overlaid in some gentle background music. Great for some moments of stillness, quiet work or winding down at the end of the day.

Workshop Survey:

If you didn't get a chance, please fill out the brief survey. Many thanks!

[SD71 Movement, Mindfulness & Sound Workshop Survey](#)