

## 50 Hour Sound Healing Therapist Training Course Syllabus May 17 - 19, 2022

**Sound** is one of the most profound methods of healing since ancient times. It is a **waveform** which **moves through and penetrates matter** therefore it is not just what we can hear. Sound, in fact, causes cells and tissues to vibrate and change their energetic frequency. **This is why sound it has the potential to alter every dimension of our being.**

**Sound Therapy is a healing modality which induces a deep state of relaxation** helps **reduce** levels of **stress**, anxiety, insomnia, inability to focus, to let go, and many emotional issues. It has also been reported to help reduce mood swings, lowering blood pressure and cholesterol levels, reduce risk of coronary issues as well as help in the process of **pain management**. Sound therapies can also be used a tool to deepen the quality one's spiritual practices as well as unleashing the **ability for self-healing**.

### Course Objectives

- To give the therapist the tools to be able to conduct individual sound healing sessions.
- To introduce the concepts of sound, frequency, resonance, dissonance, melody and harmony.
- To provide the tools to prepare the therapist, patient & room before and after a session.
- To provide the therapist or group of therapists the tools to be able to conduct a group sound healing session.

### How does a session work?

Prior to a short interview the receiver lies on the back of a soft surface (massage table or on a soft surface on the floor). Instruments are located in specific areas around the body. Instruments are played so that the recipient experiences a richness of sound in its full spectrum resonating and penetrating every cell of the body. The natural vibration of the human being is tapped and a state of intensified awareness which brings about a state of emotional, mental & physical well being whilst removing blockages and traumas in the whole system. The session leaves the patient with an imprint of harmony and relaxation. The instruments can be played during a 15, 30, 45 or even 60 minute session according to the person's individual needs.

## MODULE I - VIBRATIONAL ENERGY OR SOUND HEALING THROUGH SINGING BOWLS

### 1. Introduction to sound and its role in applied healing

- 1.1. Sound as Therapy
- 1.2. Sound as Healing Energy
- 1.3. Concept: Resonance vs dissonance
  - 1.3.1. Resonance
  - 1.3.2. Dissonance
  - 1.3.3. Music and Healing
  - 1.3.4. Meditation: Listening to the Inner Sound
- 1.4. How can words Heal & the Power of Intent
- 1.5. Creative Healing
- 1.6. Rhythm, melody and harmony

## **2. Foundation of Energy Healing through the Sound of the Chakras**

- 2.1. Foundations of the Chakras: Location, Benefits, Balance vs. Imbalance
  - 2.1.1 Mooladhara or Root Chakra
  - 2.1.2 Swadhisthana or Sacral Chakra
  - 2.1.3 Manipura or Solar Plexus Chakra
  - 2.1.4 Anahata or Heart Chakra
  - 2.1.5 Vishuddhi or Throat Chakra
  - 2.1.6 Ajna Chakra or Third Eye Chakra
  - 2.1.7 Sahasrara or Crown Chakra
- 2.2. Correlation of the Chakras & Musical Notes
  - 2.2.1 Bija Mantras or Seed Sounds
- 2.3. Chakras: Application to sound healing
  - 2.3.1 The Octave
  - 2.3.2 The Perfect Fifth

## **3. Preparing Yourself and your Client for a Sound Therapy Session**

- 3.1. Your Client: Pranic or Energy Assessment - Muscle Tone.
- 3.2. Preparing Yourself to be a channel for sound to manifest
- 3.3. Preparing the room to match your client's frequency and yours.

## **4. Instrument: Tibetan Singing bowls**

- 4.1. Brief history of Tibetan Singing Bowl
- 4.2. Why 'singing' bowl?
- 4.3. How to choose one? How to maintain them?
- 4.4. How to play singing bowls?

## **5. Creating a Sound Healing or Sound Therapy Session with Singing Bowls**

- 5.1. Individual Sequence for Overall Relaxation
- 5.2. Therapeutic Uses
  - 5.2.1 Using Singing Bowls as Massage with Water
  - 5.2.2 Therapy for the Legs
  - 5.2.3 Therapy for the Chakras
  - 5.2.4 Therapy for the Spine and Shoulders

## **6. Creating a Group Sound Healing Session with Singing Bowls, Technique & Benefits**

## **7. Final Notes**

## **8. Bibliography**



## MODULE II - VIBRATIONAL ENERGY OR SOUND HEALING THROUGH TUNING FORKS, PULSE TUBES, WIND CHIMES, SOUND BED AND OTHER MUSICAL INSTRUMENTS.

### 1. TUNING FORKS & MUSICAL INTERVALS

- 1.1. The Octave
- 1.2. The Perfect Fifth
- 1.3. Unweighted Tuning Forks
- 1.4. Weighted Tuning Forks
- 1.5. Basic Therapeutic Procedures with Tuning Forks

### 2. MUSICAL NOTE COMBINATIONS FOR SPECIFIC HEALING

- 2.1. Listening to your Nervous System
- 2.2. Balancing through the 5 Elements
  - 2.2.1. Ether
  - 2.2.2. Air
  - 2.2.3. Fire
  - 2.2.4. Water
  - 2.2.5. Earth
- 2.3. Balancing the Nervous System and Overall Wellness
- 2.4. Course of Life: Addressing Where to Go in Life
- 2.5. Calming Anxiety

### 3. PULSE TUBES

- 3.1. Metal Pulse Tubes
  - 3.1.1. Activation
  - 3.1.2. Activation

### 4. Bibliography and Further Reading

## Modules I & II are inclusive of:

- Course Tuition & Manuals. Digital Books for reading assignments.
- Accommodation for the duration of the program.
- Breakfast & Lunch are Included, food is served at ocean front restaurant 3 min walk from Inner Heart Holistic Institute Housing & Yoga Shala. Herbal tea all day.
- 25 Hour Certification from Inner Heart Yoga & Holistic Institute as well as from Yoga Alliance Continuous Education (YACEP).
- Twin Shared accommodation with attached bathroom. Single Accommodation available upon request. Kindly add 100 Euro/week.

## Course Schedule

Arrival: Tuesday May 16, 2022

- Check in from 11 am onwards
- 4:30 pm - 5:30 pm Sound Healing & Restorative Yoga Class
- 5:30 pm - 6:15 pm Orientation & Welcome
- 6:15 pm - 6:45 pm Sunset Meditation

## May 17 to May 19th, 2022

- 7:00 am - 8:30 am Yoga Practice (Yin, Restorative & Gentle Vinyasa )
- 8:30 am - 10:00 am Breakfast @ Blue Water
- 10:00 am - 1:30 pm Sound Healing Theory & Practice\*
- 1:30 pm - 2:30 pm Lunch @ Blue Water
- 2:30 pm- 4:00 pm Study & Practice Time
- 4:00 pm - 6:30 pm Sound Healing Theory & Practice\*
- 6:30 pm - 7:00 pm Sound Healing Meditation
- \*Short 15 min break in each session.

## Departure: Tuesday May 20, 2022

- 7:00 am - 9:00 am Sound Healing Session & Certification
- 9:00 am - 10 am Breakfast @ Blue Water
- Check out from 11 am to 2 pm. (no need to check out if you are staying for another program)

## Course Fees

- Early bird Price Before May 10th, 2022: 350 Euro per person
- Course Deposit: 50% before may 10, 2022.
- May 16 to 24, 2022: 400 Euro per person.

Course fee does not include instruments, transportation to/from the studio or any other additional expenses.