

The Art of Creating Sacred Sound:

Sound Healer Training

Course Dates and Details

Circle One: 10-12 May 2024 (Nada Brahman)

- What is sound and how can it be used to heal/support healing How to choose instruments/build your tool kit
- Basic introduction to key instruments
- Science and benefits of sound healing

Circle Two: 28-30 June 2024 (safe sacred space)

- History and philosophy behind sound and vibration
- Safety, contraindications, holding safe space
- Subtle anatomy and energetics of healing
- Workshop on playing different instruments

Circle Three: 26-28 July 2024 (Nada Yoga)

- Explorations with voice and activating your own inner sound current
- Vocal confidence & activation with Mantra, Toning
- Vocal tips
- General practice/ Workshop on playing different instruments.

Circle Four: 27-29 September 2024 (sacred geometry of sound)

- Basics of music theory
- Creating binaural beats
- Entrainment
- General practice/ Workshop instrumental techniques

Circle Five: 1-3 November 2024 (building sound)

- Creating soundscapes
- Layering sound
- Working with the nervous system
- General practice/ Workshop building instrumental skills

Circle Six: 6-8 December 2024 (assessment)

- Individual and group assessments
- Closing