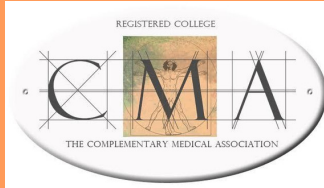


THE FOUNDATIONS OF SOUND THERAPY



THE FOUNDATIONS OF SOUND THERAPY

That sounds can influence our moods and behaviour has been intuitively understood at least since the invention of the drum.

It is obvious to anyone who listens to music that sounds play an important part in our emotional lives. What is less widely known is how music works to make us feel happy, tranquil, energized or even to facilitate healing.

Most researchers into sound therapy agree that sound waves or frequencies are responsible for music's ability to influence us and many researchers believe that they may have therapeutic benefits that go far beyond the ability to alter our moods, believing the right frequencies used in the right combinations may be able to bring about biological changes that can help boost our immune system and even heal the body.

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THE TRAINING CENTER OF WELLBEING

THE FOUNDATIONS OF
SOUND THERAPY





CURRICULUM

What is Holistic Therapy
An introduction to Codes of Conduct and Ethics for
Sound
Healers, Origins and History of
Sound
Healing
What is Sound Healing and how does it work?
Anatomy and physiology
Chakras and the Aura
Sounds and Frequency
The Law of Attraction
Application of Sound
Sound Therapy
Your Voice
Tuning Forks
Tibetan singing bowls
Drums
Sound in our Environment and the Rhythm of Life
Treatment protocols

WHATS INCLUDED?

Your training includes:
Full printed manual, classroom sessions, complementary medicine practitioner handbook, support with case studies and a student kit of one singing bowl and Ohm tuning fork

MORE INFORMATION

Attendance on this course gives you the opportunity to attend one of our advanced sound courses

Accredited by the International Practitioners of Holistic Medicine and the Complementary Medicine Association

IS THIS COURSE FOR YOU?

This course is for complete beginners with an interest in SOUND THERAPY

ABOUT THE COURSE

Prerequisite: None
Duration of training: 2 days
Cost: £300
Independent Learning Hours: 120
Case Studies: 4 with 2 follow ups on each