

The Training Centre of Wellbeing Ltd

SOUND THERAPY FOUNDATION COURSE BROCHURE



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SOUND THERAPY FOUNDATION COURSE

Subjects covered in this course include:

- 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

The Course

On successful completion of this accredited course, you will be able to practice sound healing on friends and family and this course qualifies you to attend one of our advanced practitioners sound healing courses. This course is accredited by the Complimentary Medical Association. This training is available as an intense study weekend or by attending monthly day time or evening classes. The cost of this course is £300. Guided learning hours are 144.

You are also given the opportunity to experience a relaxing sound bath.



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

Drums have been used by indigenous cultures throughout the world for everything from trance-inducing religious rituals to calls to arms. Traditional "medicine men" and shamans have used drums and other musical instruments in healing rituals throughout the ages and continue to do so today.

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. How is this possible? In order to understand how this can happen, we need to explore some of the more common sound therapy modalities.



The Training Centre of Wellbeing offers many holistic courses and you may be interested to expand your practice in the following areas:

Further Courses on offer at The Training Centre of Wellbeing Ltd

Beginners Aromatherapy

Advanced Aromatherapy

Anatomy and Physiology Training Course

Colour Therapy Practitioner

Crystal Therapy

The professional holistic practitioner

Managing your Holistic Business

Meditation Master Practitioner

Nutritional Therapy

Listening Skills

Animal Reiki

Animal Tuning Fork Therapy Practitioner

Reiki Seichem, Vibrational Reiki, Tera Mai Seichem, Elemental Reiki

Tuning Forks Level 1-8

Frequency of Essence, Colour, Angels & Crystals and Auras & Chakras

Frequency of Mysticism: Fibonacci, Planets, Kabbalah, Solfeggio

Frequency of the human body: The Spine, The Endocrine System, The Brain, Digestion, The Senses

Mediumship, Spiritual Healing, Tarot Reading, Rune Reading

Reflexology, Acupressure, Indian Head Massage, Hopi Ear Candling

For information on our courses, please visit our website

www.centrewellbeing.co.uk

Contact us if you would like to receive any other course brochures



The Training Centre of Wellbeing

ADVANCED SOUND PRACTITIONER



www.centrewellbeing.co.uk

Advanced Sound Practitioner Courses

Our advanced sound therapists courses coming in 2018 include:

Sound Bowl Therapist - includes a set of 7 Tibetan singing bowls and trains you in all aspects of singing bowls, from sound bath, meditation, massage, energy work, cleansing and clearing. £300. Dates are 1st and 2nd September 2018

Tuning for Practitioners levels 1-8 are already running. We also have an animal Tuning Fork Practitioners Course coming up and the Spinal Specialist Courses to look forward to in 2018.- There is no requirement to attend the foundation sound therapists course prior to attending these courses. Please contact us for our separate course brochure in tuning fork therapy.

Drumming & Rhythm Therapist: includes a frame drum and subjects covered include journeying, healing, rhythm therapy, energy work, cleansing and ritual. Cost £300. Dates are 6th and 7th October 2018.

Gong Sound Practitioner: includes a chau gong and wind gong, mallet and friction mallet. Subjects include sound healing sessions, sounds and effects, energy work, clearing and cleansing and costs £450. Dates are 5/6 January 2019.

Crystal Singing Bowl Practitioner: includes a full set of crystal singing bowls. Subjects include chakra therapy, sound baths, toning and tuning, cleansing and healing. The cost of this is £1300. Dates are 2/3 February 2019.

You must have attended our beginners course to join these 2 day advanced practitioners courses except for the tuning fork qualifications.