

# Sound Healing Courses Level - 1,2,3



## Om Yoga International

DEVIN BANKS | Bachelor of Arts in Visual Communication & Information Design





## Om Yoga International

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## Online 11Days Courses Dates 2025

Start Date	End Dates	USD Fees	INR Fees
18th February	28th February	USD \$350 / 255	₹ 35,000 / 25,000
1st April	11th April	USD \$350 / 255	₹ 35,000 / 25,000
01st June	11th June	USD \$350 / 255	₹ 35,000 / 25,000
01st August	11 August	USD \$350 / 255	₹ 35,000 / 25,000

**EARLY BIRD** **DISCOUNT**

**25% OFF**

Timing (IST)

05:30PM to 07:30PM



## Certificate Sample Copy

OYI ID.....

 **CERTIFICATE** 

OF PARTICIPATION  
OM YOGA INTERNATIONAL

THIS CERTIFICATE IS PROUDLY GIVEN TO

 **Name of Trainee** 

AS A QUALIFIED  
SOUND HEALING INSTRUCTOR

for successfully completing 48hours Sound Healing Teacher Training Course  
Level-1,2,3. from.....Starting Date... to .....End Date..... organized by Om Yoga  
International, Rishikesh.

*Wishing you All the very Best for Future Endeavours!!!*

DATE

 

YACEP  
YOGA  
ALLIANCE  
YA  
RYS Reg. No. 240279

Sh. Radhika Sharan  
Founder/Lead Trainer  
[www.omyogainternational.com](http://www.omyogainternational.com)

## Sound Healing Courses level 1,2,3 and duration description

Offer a unique opportunity to immerse yourself in the harmonious world of sound healing. Sound Healing Course is divided into 3 levels, 1-3 (beginner to professional). These courses are designed to cater to both beginners and those with some experience, providing a comprehensive understanding of the history, techniques, and therapeutic benefits of singing bowls.

- Level 1 introduces the basic principles and fundamental skills needed to play these enchanting instruments.
- Level 2 delves deeper into advanced techniques and explores the integration of singing bowls into personal and professional wellness practices.
- Level 3 focuses on mastery, offering insights into creating personalized sound healing sessions and enhancing your intuitive connection with the bowls.

### Course Highlights:

- Total Duration: 12 Days
- Total Hours: 36hrs
- Mode: Online, Live Zoom Sessions 24hours
- Self-paced: Learning 12hours
- Timings: 05:30PM to 07:30PM
- Pre-requisites: None ;
- Language: English & Hindi;
- **Total Fees: INR 35,000 – 25,000 / USD 350 – 255**
- Recording Access: For 1 year;

**Course Focus:** An Online Sound Healing Teacher Training Course is designed to give you the knowledge and skills to guide others in sound healing practices, whether you're integrating it into your existing wellness or healing work, or starting a sound healing practice from scratch. The focus of this course will be:

1. Introduction to Sound Healing: History, science, and principles behind sound as a healing modality.
2. Healing Instruments: Using singing bowls, tuning forks, gongs, drums, and the voice for therapy.
3. Energy Systems: Understanding chakras, meridians, and the aura in relation to sound.
4. Healing Techniques: Sound baths, guided sound journeys, and one-on-one sound healing sessions.
5. Integration with Other Modalities: Combining sound healing with breathwork, meditation, and yoga.

6. Practical Applications: Setting up and leading sound healing sessions and workshops.

7. Building Your Practice: Marketing, professionalism, and self-care for sound healing practitioners.

8. Intuition and Ethics: Developing intuitive skills and maintaining ethical boundaries.

9. This training empowers you to teach sound healing practices and guide others toward wellness using sound frequencies.



## Sound Healing Level - 1 Course Modules

### Module 1: Introduction

- Overview to Sound Healing
- Physics of Sound Healing
- Introduction to Sound & Frequency
- Types of Tibetan Singing Bowls
- Benefits of Singing Bowls
- How to select Bowls
- How to use various types of bowls

### Module 2: Chakra Healing

- Introduction to Aura & Chakras
- Concept of kundalini
- 3 stages of Chakras
- Introduction to 7 chakra beej mantras
- How to use 7 chakras Tibetan bowls
- How to give sound healing session to others

### **Module 3: Practical**

- Self-healing / relaxation
- Aura cleaning /sealing
- Half Moon therapy
- Full Moon therapy
- Sound Bath Session
- Sound Pyramid

### **Module 4: Chakra Sound Healing**

- Identify Blocked Chakras
- Clearing Blockages of Chakras with sound
- Root Chakra Healing
- Sacral Chakra Healing
- Solar plexus Chakra Healing
- Heart Chakra Healing
- Throat Chakra Healing
- Third Eye Chakra
- Crown Chakra healing

## **Sound Healing Level -2 Course Modules**

### **Module 1: Theory: Sound Healing Instruments**

- Full Moon Singing Bowls
- Meridian Singing Bowls
- Frame, Shamanic, Ocean & Hapi Drum
- Wind Chimes & Balinese Bell & Dorge
- Tingsha Bells & Rain Sticks
- Zen & Koshi Chimes
- Shakers & Rattles

### **Module 2: Theory: Sound Healing Therapy**

- Therapy Tibetan Singing bowls
- Throat Singing & Mantra Chanting
- Chakras balancing
- Drinking Singing Bowl Charging Water
- Tibetan Style of therapy
- Universal Vedic therapy
- Sound bath using multiple instruments

### **Module 3: Practical: Sound healing Therapy**

- Therapy Bowl
- Crystal Quartz
- Frame & Shamanic Drum
- Ocean & Hapi Drum
- Wind Chimes & Balinese Bell
- Tingsha Bella & Rain Sticks
- Zen & Koshi Chimes

### **Module 4: Practical: Some other therapies**

- Throat Singing
- Facilitating Sound Bath
- Facilitating Gong Bath
- Water Charging Therapy
- Affirmation Therapy
- Relationship Therapy
- Cleansing Space using sound

## **Sound Healing Level -3 Course Modules**

### **Module 1: Theory**

- Tuning Forks, Gongs
- Breathwork (Pranayama)
- Sanskrit Beej Mantras for chakras
- Balancing Chakras with Beej Mantras
- Brainwave Detox techniques
- Cleaning the Bowls & Space
- Create Self-Love

### **Module-2: Practical: Sound healing Therapy**

- Tuning Forks for Healing
- Gong for Sound Therapy
- Integrating Singing Bowl therapy & Pranayama
- Mind detox / Brainwave Technique



### **Module-3: Practical: Physiological & Psychological**

- Therapy for Joints, Stomach & Chest
- Therapy for Hips, Back & Sciatica
- Therapy for Shoulders, Spine, thighs, Calf & Feet
- Constipation, Slip Disc, Abdomen
- Stress, Depression, Anxiety & Insomnia
- Conflict, Irritation & Inferiority Complex
- Digestive Therapy
- Urinary System Therapy
- Reproductive System Therapy
- Heart & Brain

### **Module 4: Teaching Methodology**

- Art of teaching
- Preparation of Bowl before client arrives
- Preparation of room
- Listening to client
- Assessment of Client needs
- Talking with clients
- Relaxing the clients
- What to expect while playing bowls?
- End of treatment and how to bring them back?
- Responding to client's Experience



**Ideal For:**

- Level 1: Beginners who want to explore sound healing and meditation using singing bowls.
- Level 2: Practitioners who have a basic understanding of singing bowls and wish to deepen their knowledge and application of chakra healing and emotional release.
- Level 3: Experienced sound healers and wellness practitioners who want to refine their skills, specialize in trauma healing, and build a professional practice.

**Additional Course Features:**

- Certification: Many courses offer certification upon completion, allowing you to use your skills professionally.
- Hands-On Practice: Each level typically includes practical exercises, guided meditations, and live sessions with clients (for Levels 2 and 3).
- Support Materials: Access to training manuals, sound guides, and sometimes online resources like video tutorials or community groups.

Each level builds upon the last, providing a comprehensive and holistic approach to sound healing. Whether you're exploring sound therapy for personal growth or aiming to build a professional practice, these courses offer valuable skills for deepening your understanding of sound and vibration as healing tools.

**Singing Bowl Healing Courses: Level 1, 2, and 3**

Singing Bowl Healing courses provide a structured path from beginner to advanced sound healing techniques. Below is an outline of each course level, their specific focus areas, and typical durations for each level.



## Level 1: Beginner – Introduction to Singing Bowl Healing

### Course Description:

Level 1 is an introductory course that focuses on the basics of using singing bowls for sound healing. It is designed for beginners or anyone new to sound therapy, aiming to help you understand the therapeutic power of sound and vibrations while learning how to incorporate singing bowls into your meditation and self-healing practice.

### Key Learning Objectives:

- **Introduction to Singing Bowls:** Learn about the history of singing bowls, their different types (Tibetan, Crystal, etc.), and their healing properties.
- **Basic Sound Healing Principles:** Understand how sound vibrations affect the body, mind, and emotions. Learn the fundamentals of how sound frequencies promote relaxation and healing.
- **Playing Techniques:** Learn the basic techniques of playing a singing bowl, including striking the bowl and rubbing the rim with a mallet to produce sound and vibration.
- **Sound Meditation:** Practice using singing bowls in your meditation to enhance relaxation, deepen focus, and clear mental blockages.
- **Intro to Chakras:** Learn about the seven main chakras and their association with different frequencies, though this is covered at a basic level.



## **Level 2: Intermediate – Sound Healing & Chakra Balancing**

### **Course Description:**

Level 2 builds on the foundational skills from Level 1 and takes a deeper dive into the use of singing bowls for chakra healing, emotional release, and physical healing. It's ideal for students who are familiar with the basics and want to explore sound healing for others, whether for personal growth or as part of a healing practice.

### **Key Learning Objectives:**

- **Advanced Playing Techniques:** Learn advanced methods for playing multiple singing bowls and creating harmonic frequencies. Explore the various techniques for achieving deeper sound healing effects.
- **Chakra Healing:** Deepen your understanding of chakras and how specific sound frequencies of singing bowls can balance and heal each energy center. Learn to use sound to clear energetic blockages and restore flow.
- **Emotional & Physical Healing:** Learn how sound can be used to heal emotional trauma, relieve stress, and clear physical blockages.
- **Energy Field & Aura Healing:** Understand how singing bowls can be used to clear blockages in the aura and energy field.
- **Healing for Clients:** Gain practical experience in offering sound healing sessions for others. Learn to guide one-on-one sessions and small group sessions, and understand how to use sound to assess and work with your clients' energy.

### **Level 3: Advanced – Mastery in Sound Healing & Professional Practice**

#### **Course Description:**

Level 3 is for those who have already completed Level 1 and Level 2 and wish to refine their skills and learn advanced sound healing techniques. This course focuses on mastering sound therapy, including working with trauma, deep emotional and spiritual healing, and creating a professional sound healing practice.

#### **Key Learning Objectives:**

- **Advanced Sound Healing Techniques:** Learn how to integrate various sound healing instruments, such as gongs, tuning forks, and chimes, to create complex therapeutic soundscapes.
- **Healing Trauma:** Explore how sound therapy can support the healing of emotional trauma, including working with PTSD and deep-rooted emotional imbalances. Learn to use sound to release emotional blockages at a cellular level.
- **Spiritual Healing & Sound Journeys:** Learn to guide clients through sound journeys, deep meditations, and altered states of consciousness using singing bowls for spiritual awakening and personal transformation.
- **Advanced Chakra & Aura Healing:** Master techniques for working with the chakra system on a deeper level, helping to clear and balance even the most deeply rooted energetic blockages.
- **Sound Healing Ceremonies:** Learn how to create and lead sound healing ceremonies for groups or individuals. Integrate sound bowls into rituals designed for profound healing, energy clearing, or spiritual growth.
- **Building a Sound Healing Practice:** Gain practical skills on starting, marketing, and maintaining a sound healing business. Understand client relationships, business ethics, and the logistics of running professional sound therapy sessions.

# About singing bowl level-1

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## Singing Bowl Level 1: Beginner / Introduction to Sound Healing

Level 1 of a Singing Bowl Healing course is designed to introduce you to the basics of sound therapy using singing bowls, especially focusing on their use in meditation, relaxation, and stress relief. This level is perfect for beginners or those with little to no experience in sound healing or working with singing bowls.

Here's a detailed breakdown of what you can expect in a Level 1 Singing Bowl Course:

### 1. Introduction to Singing Bowls

- **History and Origins:** Learn about the history of Tibetan and Crystal Singing Bowls, their spiritual significance, and how they have been used in ancient healing practices.
- **Different Types of Bowls:** Understand the various types of singing bowls (Tibetan, Crystal, etc.), their materials, and how to choose the right one for your practice.
- **Sound and Vibrations:** Understand how sound frequencies affect the human body, mind, and spirit.

### 2. Basic Playing Techniques

- **How to Play a Singing Bowl:** Learn the correct way to play a singing bowl by striking it gently with a mallet or by rubbing the mallet around the rim to produce a sound.
- **Different Sounds and Tones:** Understand how to generate different sounds from the bowl and how each tone can affect the body and mind.
- **Using Multiple Bowls:** Learn how to use more than one bowl together, either to create harmony or to target specific frequencies.

### 3. Introduction to Sound Healing

- **Basics of Sound Healing:** Discover how sound vibrations and frequencies are used to promote healing, relaxation, and stress reduction.
- **Using Sound for Relaxation:** Learn to use singing bowls in your own practice or with clients to induce deep states of relaxation.
- **Creating a Healing Environment:** Learn how to set up a peaceful, supportive environment for sound healing sessions, including the use of lighting, positioning of bowls, and creating a calming atmosphere.

#### 4. Basic Meditation with Singing Bowls

- **Sound Meditation:** Discover how to use singing bowls during meditation to enhance focus, calm the mind, and deepen your practice.
- **Guided Meditation:** You may also practice guided meditations where the teacher leads you through relaxation techniques while incorporating the sound of singing bowls.
- **Breathing with Sound:** Learn how to synchronize your breathing with the sounds of the bowls to enhance the meditative experience.

#### 5. Self-Care and Grounding Techniques

- **Grounding Practices:** Learn grounding techniques to stay centered and calm during your sound healing practice.
- **Self-Care with Sound:** Understand how you can use singing bowls for self-healing, emotional balance, and mental clarity.

#### 6. Introduction to Chakra Balancing (Optional)

- **Basic Chakra Overview:** In some Level 1 courses, an introduction to chakras may be included. You might learn about the seven energy centers in the body and how sound frequencies can help balance them.
- **Targeting Specific Chakras:** Some courses may provide the basics of using specific bowl frequencies for chakra balancing.

#### Objective of Level 1:

- **Familiarization with Singing Bowls:** By the end of the course, you'll have a basic understanding of the singing bowls, how they work, and how to use them for personal meditation and healing.
- **Hands-on Experience:** You will have the opportunity to practice with singing bowls, both on yourself and others, in a safe and supportive learning environment.
- **Personal Development:** Learn how to use sound healing as a tool for personal growth, mindfulness, and relaxation.

#### Course Outcome:

Upon completing Level 1, you'll be able to:

- Confidently play a singing bowl.
- Use singing bowls for basic meditation and relaxation.
- Incorporate sound healing into your daily routine.
- Start applying sound healing in group or personal sessions for well-being.

This level is ideal if you're curious about sound healing or if you wish to integrate singing bowls into your yoga or wellness practice. It provides a solid foundation for further exploration in more advanced levels.



## About singing bowl level-2

### Singing Bowl Level 2: Intermediate Sound Healing & Chakra Balancing

Level 2 of a Singing Bowl Healing course builds upon the foundational skills learned in Level 1 and dives deeper into the therapeutic use of singing bowls for healing, energy work, and chakra balancing. This level is ideal for those who have a basic understanding of singing bowls and wish to further explore their healing potential for both personal and professional practice.

Key Topics in Level 2:

#### 1. Advanced Techniques for Playing Singing Bowls

- **Striking and Rim Techniques:** Learn advanced techniques for creating more complex sounds, including using the mallet around the rim of the bowl to produce continuous sound and different harmonics.
- **Using Multiple Bowls Together:** Understand how to combine different bowls (or different types) to create specific harmonic frequencies that enhance healing.
- **Sound Patterns:** Explore how to create sound patterns, including creating sustained or dynamic sound waves that resonate with specific parts of the body or mind.

#### 2. Introduction to Chakra Healing

- **Understanding the Chakras:** Dive deeper into the seven primary chakras in the body, their meanings, and how imbalances in these energy centers can manifest physically, emotionally, and spiritually.
- **Corresponding Sound Frequencies:** Learn which sound frequencies correspond to each chakra and how these frequencies can be used to balance and restore energy.
- **Using Singing Bowls for Chakra Balancing:** Gain practical knowledge on how to use specific bowls and sound frequencies to clear blockages, align, and balance the chakras.





### 3. Sound Healing for Emotional and Physical Well-Being

- **Emotional Healing:** Learn how sound healing can be used to release emotional blockages, trauma, and stress, as well as support emotional regulation.
- **Physical Healing:** Understand how sound frequencies can promote physical healing by stimulating circulation, reducing tension, and encouraging overall well-being.
- **Integrating Sound with Other Healing Practices:** Learn how to combine singing bowl therapy with other holistic modalities, such as Reiki, meditation, or breathwork, to enhance the healing process.

### 4. Conducting Sound Healing Sessions

- **One-on-One Sessions:** Learn how to conduct a sound healing session with a client or individual, including assessing the person's energy, using bowls for chakra balancing, and adjusting the sound to suit the needs of the individual.
- **Group Sound Healing:** Explore how to facilitate sound healing in group settings, including creating a calming environment, guiding participants, and using multiple bowls in a harmonious way for collective healing.
- **Intuitive Healing:** Develop your intuition to understand where to focus the sound, whether on a specific chakra, area of tension, or emotional blockage.

### 5. Energy and Intuition in Sound Healing

- **Reading Energy with Sound:** Learn how to "read" the energy of a space or individual through sound and vibration, identifying areas of imbalance or blockages.
- **Intuitive Bowl Placement:** Understand how to intuitively place singing bowls on or around the body to enhance healing, based on what you feel or sense energetically.
- **Personal Energy Protection:** Learn methods for protecting your own energy when working with others, including grounding techniques and energy clearing practices.



## 6. Deepening Meditation with Sound

- **Sound Meditation for Deep Healing:** Explore how to use singing bowls to facilitate deeper meditative states, unlocking healing opportunities for the mind and body.
- **Guided Sound Journeys:** Learn how to lead others on a sound journey using singing bowls, guiding them through relaxation and deeper states of consciousness to promote healing and inner peace.
- **Combining Sound with Breathwork:** Practice pairing sound with breathing exercises to deepen the healing effects and bring more focus to your practice.

## 7. Practical Application and Professional Use

- **Client Care:** Learn how to communicate with clients before and after sound healing sessions, setting clear expectations, and ensuring comfort.
- **Ethical Considerations:** Discuss ethical practices in sound healing, including confidentiality, maintaining boundaries, and respecting your client's energy.
- **Creating a Healing Space:** Explore how to set up a space for sound healing, whether for individual or group sessions, ensuring it is peaceful and conducive to the healing process.

### Course Outcome:

Upon completing Level 2, you will:

- Be proficient in advanced techniques for using singing bowls, including creating complex sounds and harmonics.
- Have a deep understanding of chakra healing and how to balance the energy centers of the body using sound.
- Be able to conduct sound healing sessions for clients, both one-on-one and in group settings.
- Know how to intuitively apply sound healing for emotional and physical well-being.
- Be prepared to integrate sound healing into your professional practice (e.g., as a yoga instructor, holistic practitioner, or sound healer).



#### Ideal For:

Level 2 is designed for those who are serious about integrating sound healing into their personal or professional lives. It is perfect for:

- Individuals who have completed Level 1 and wish to expand their knowledge.
- Yoga teachers, wellness practitioners, Reiki healers, or anyone working in the holistic health field.
- Those interested in incorporating sound therapy into their healing or coaching practices.

By the end of Level 2, you will have a more profound understanding of the therapeutic uses of singing bowls and be capable of using them in more targeted and professional ways to support healing for others.

## About singing bowl level-3



### Singing Bowl Level 3: Advanced Sound Healing & Professional Practice

Level 3 of a Singing Bowl Healing course is typically for those who have mastered the basics and intermediate techniques and are now looking to refine their skills for professional and advanced healing practices. This level dives deep into more sophisticated sound healing methods, including working with a variety of tools, advanced techniques, and integrating sound therapy into a professional healing practice. It's designed to help you become proficient at using singing bowls for profound healing on multiple levels—physical, emotional, mental, and spiritual.

#### Key Topics in Level 3:

##### 1. Mastery of Sound Healing Techniques

- **Advanced Sound Therapy Methods:** Explore complex techniques such as layering sounds, combining bowls of different materials (Tibetan, Crystal, Himalayan), and using gongs or other sound healing tools in conjunction with singing bowls.
- **Creating Complex Sound Waves:** Learn how to create and manipulate specific sound frequencies for targeted healing. This includes understanding harmonics, overtones, and dissonance in sound healing.
- **Integrating Multiple Instruments:** Study how to use not just singing bowls but also chimes, gongs, tuning forks, and other instruments to enhance the healing experience and create a complete sound healing session.

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## 2. Deepening Chakra and Energy Healing

- **Advanced Chakra Balancing:** Understand the subtle intricacies of chakra healing, including the use of sound to remove deeply rooted blockages, harmonize energy, and clear emotional and spiritual patterns stored in the body.
- **Energy Field and Aura Cleansing:** Learn advanced techniques to cleanse the aura and energy field, using sound to clear energetic debris, negative thought patterns, or unresolved trauma that may be lingering in the body.
- **Advanced Emotional Release Techniques:** Learn how sound can help release long-held emotional blockages and patterns that affect both the body and mind. This includes using specific frequencies to assist in emotional healing and transformation.

## 3. Sound Healing for Trauma and Deep Healing

- **Sound Healing for PTSD & Trauma:** Discover how sound therapy can help individuals process and release emotional trauma, including PTSD. Explore the use of specific frequencies and sound healing techniques to support deep emotional and psychological healing.
- **Cellular Healing and Regeneration:** Understand how sound can affect the cellular structure of the body, promote healing at the DNA level, and accelerate recovery from physical ailments or injuries.
- **Working with Deeply Held Patterns:** Learn advanced methods for breaking through deeply held physical, emotional, or mental patterns using sound to bring about profound transformation.

## 4. Professional Sound Healing Practice

- **Building a Sound Healing Practice:** Learn the business aspects of offering sound healing professionally. This includes setting up a practice, attracting clients, and creating packages or services based on sound healing.
- **Session Structure and Client Interaction:** Master how to structure a professional sound healing session, communicate with clients about their goals, and assess their needs during and after sessions.
- **Ethics and Boundaries:** Explore ethical considerations in professional sound healing, including working with vulnerable populations, maintaining clear boundaries, and respecting the healing process.

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## 5. Advanced Meditation and Spiritual Work with Sound

- **Guiding Deep Sound Journeys:** Learn to guide clients through deep sound meditations and spiritual journeys, leading them into altered states of consciousness, profound relaxation, and inner healing using the vibrational power of sound.
- **Spiritual Awakening and Expansion:** Understand how sound can support spiritual awakening, consciousness expansion, and soul-level healing. Study how to use sound to help clients connect with higher consciousness or their own intuitive guidance.
- **Sacred Sound Ceremonies:** Learn how to create and conduct ceremonial sound healing experiences, integrating sound bowls into rituals or group ceremonies designed for deep healing, transformation, or spiritual growth.

## 6. Integrating Sound Healing with Other Modalities

- **Combining Sound with Energy Healing:** Learn how to integrate singing bowls with other energy healing practices like Reiki, acupuncture, or crystal therapy to enhance the healing experience.
- **Sound and Breathwork:** Explore how to use sound in combination with breathwork techniques to deepen relaxation, clear blockages, and promote healing.
- **Sound and Movement:** Study the integration of movement practices (like yoga, dance, or qi gong) with sound healing to encourage emotional release, energy flow, and physical vitality.

## 7. Personal Mastery and Intuition

- **Developing Intuitive Sound Healing:** Hone your intuition to sense what your clients need energetically, allowing you to tailor each session to their individual healing journey. Learn to trust your instincts when selecting bowls, instruments, and healing approaches.
- **Sound Healing for Self-Mastery:** Engage in practices that help you deepen your own self-awareness and spiritual growth through sound. This includes using sound as a tool for your own personal transformation and maintaining energy balance.
- **Mastering the Healing Space:** Learn how to maintain a high vibrational, sacred space for your clients, ensuring that every sound healing session is conducted in an environment of peace, safety, and reverence.
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## 8. Certification and Continuing Practice

- **Certification:** Upon completing Level 3, many courses offer certification as a Certified Sound Healer or a similar credential. This certificate verifies that you have advanced skills in using singing bowls for professional healing.
- **Continual Growth and Practice:** Discuss ongoing learning and development opportunities. Sound healing is a lifelong journey, and there is always more to discover, practice, and refine.
- **Course Outcome:**
  - By the end of Level 3, you will:
    - Be highly skilled in using singing bowls and other sound healing instruments for deep and transformative healing.
    - Be able to guide clients through profound sound healing sessions, working with complex emotional, physical, and spiritual issues.
    - Have the expertise to build and manage a professional sound healing practice, including client interaction, ethics, and business practices.
    - Be able to integrate sound healing with other therapeutic modalities, offering a holistic approach to healing.
    - Possess the intuition and advanced techniques needed to tailor each sound healing session to the unique needs of your clients.
  - **Ideal For:**
    - Level 3 is for practitioners who:
      - Have completed Level 1 and Level 2 of the Singing Bowl course and wish to become advanced sound healers.
      - Want to incorporate sound healing as a primary or secondary modality into their professional practice (e.g., yoga teachers, holistic health practitioners, energy healers, bodyworkers).
      - Are interested in working with more complex and profound healing issues, such as trauma recovery, deep emotional healing, and spiritual awakening.
    - Level 3 provides the tools, techniques, and professional knowledge needed to offer high-level sound healing services, allowing you to step into your role as a skilled and intuitive sound healer.

# Other Courses



## Yoga Therapy Classes

- Digestive Disorders & Weight Loss
- Neck & Back Pain
- Stress & Anxiety
- Hypertension
- Arthritis
- Diabetes
- Thyroid Management



## YCB Yoga Courses

- YCB Level-1
- YCB Level-2
- YCB Level-3
- YCB Level-4
- YCB Level-5
- YCB Level-6



## RYT Yoga Courses

- 200hours YTTC
- 300hours YTTC
- 500hours YTTC
- 85hours RPYT
- Face Yoga YTTC
- Sound Healing TTC

For More Details Scan QR Code

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