

Sound Therapy Course

Sound energy has a powerful healing effect on the body. It cleanses and harmonises the body on a physical, mental and emotion level. It is deeply relaxing and can be a wonderful aid to stress reduction.

Sound has the power to heal, relax, inspire, and balance. It can help you to find your creative voice and intuition. Shannon Estuary Way Academy is delighted to bring Sound Healing to centre and now offer a Diploma in Sound Therapy as well as regular sound bath evenings.

Diploma in Sound Therapy

This diploma is open to anyone that has a fascination with the power of sound and can lead to a Diploma in Sound Therapy.

Sound Therapy is a powerful tool to aid healing, it brings us into the present where all healing and transformation take place. It is a vehicle for reflection, release, and change. Physically it can help you deal with stress, anxiety and can have psychological benefits by lifting your mood, relaxing your body, and reviving your spirit. It can also help you release emotions. Sound Healing is an excellent support for personal well-being.

Module one:

- How to use sound in a personal healing session, personal grounding techniques.
- How to balance your Chakras using Sound.
- How cleanse your energetic field.
- How to perform a 1 and 2 bowl session on another person.
- You will learn an in-depth knowledge of how Sound Therapy works and its' origins.
- This module will cover practical exercises in playing singing bowls, voice work, the use of sound for personal meditation.
- Following the module will be able to use Sound Therapy for personal growth, meditation, and healing.

Module two:

- How to create the space and intention as a therapist.
- Code of conduct. Scope of Practice, Contraindications.
- Grounding, Clearing and Disconnecting techniques for therapist and client.
- Playing techniques.
- How to play multiple instruments.
- Advance bowl layouts for sessions.
- How to transport, set up and take care of multiple instruments.
- Practical preparations for multiple bowl treatments.
- Students will learn how to perform a 3 and 4 bowl session on another person.
- The module will cover practical exercises in playing singing bowls, use of crystal bowls, voice work, listening techniques.

Module three:

- Create the space and intention as a therapist in a group situation.
- Advance bowl layouts for Sound Healing sessions and sound baths.
- Students will learn how to perform 5,6 and 7 bowl sessions on another person.
- Students will learn how to facilitate a group Sound Bath
- Instruments for Sound Baths.
- Practical preparations for multiple bowl sessions and Sound Baths.
- The course will cover practical exercises in the following: use of instruments for Sound Baths, voice work, listening techniques.

Course fees paid as follows: DEPOSIT €200

Weekend one: €225.00, Weekend two: €225.00, Weekend Three: €225.00.

Case studies and homework:

Students will have case studies and homework to complete between weekends.

Practitioner training:

To practice as a sound therapist, you must be qualified in Anatomy and Physiology and be competent in consultation, record keeping and client care.

If students attending this course already hold a qualification in these subjects, they may be exempt, please contact us to enquire.

We offer introduction to Anatomy and Physiology Here. Please contact us for more information.

To whom is the course open?

Our sound Therapy course is open to everyone.

Equipment needed:

If you own a Singing Bowl – bring it or them all along, but bowls will be supplied for use on Week ONE. The tutor will also offer advice on how to purchase a bowl that is right for you.

Course Dates:

- Module One – Saturday 21st September
- Module Two – Saturday 19th October
- Module three – Saturday 16th November

Course times: 9.30am to 6pm

1st Instalment 21st September 2024 €225.00

2nd Instalment 19th October 2024 €225.00

3rd Instalment 16th November 2024 €225.00

Contact: Rosie McMahon Owner and Director of the Shannon Estuary Way Academy

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