



SOUND HEALING COURSES

Sound **Healing** Courses.

A transformative journey from beginner to professional — immerse yourself in the harmonious world of sound healing with Om Yoga International, Rishikesh.
Internationally certified. Globally recognized.

LEVEL 1 • LEVEL 2 • LEVEL 3. LEVEL 4

ABOUT OM YOGA INTERNATIONAL

Om Yoga International (OYI).

Om Yoga International (OYI) is a premier yoga and wellness institution based in the spiritual heartland of Rishikesh. Recognized by Yoga Alliance and the International Yoga Organization, OYI offers world-class training programs that blend ancient wisdom with modern therapeutic science.

①

Global Recognition

Internationally accredited certifications accepted worldwide by wellness professionals.

②

Expert Faculty

Courses delivered by experienced trainers Sh. Radhika Sharan.

③

Holistic Approach

Integrating sound healing, yoga, breathwork, and energy medicine for complete wellness.



SOUND HEALING COURSES: OVERVIEW

Four progressive levels.

Our Sound Healing Course is divided into 4 progressive levels — from beginner to professional— providing a comprehensive understanding of the history, techniques, and therapeutic benefits of singing bowls.

1

BEGINNER

Level 1

Basic principles &
fundamental skills to
play singing bowls.

2

INTERMEDIATE

Level 2

Advanced techniques
& integration into
wellness practices.

3 & 4

ADVANCED

Level 3 & 4

Mastery, personalized
sessions &
professional practice.

COURSE HIGHLIGHTS & DETAILS

Logistics, fee & **what you get.**

① COURSE LOGISTICS

Course Logistics

Total Duration: **21 Days**

Total Hours: **36 hrs**

Live Zoom Sessions: **25 hours**

Self-Paced Learning: **25 hours**

Timings: **06:00 to 07:30pm**

Language: **English & Hindi**

Pre-requisites: **None**

Recording Access: **1 Year**

② COURSE FEE

Course Fee

INR 35,000

USD 369

Includes internationally recognized certification, full course manuals, sound guides, and 1-year recording access.

③ WHAT YOU GET

What You Get

- Internationally recognized certification
- Training manuals & sound guides
- Access to video tutorials
- Community group support
- Hands-on practical exercises

COURSE FOCUS AREAS

Knowledge & skills to **guide others.**

This Online Sound Healing Teacher Training Course equips you with the knowledge and skills to guide others in sound healing practices —whether integrating it into existing wellness work or starting from scratch.

01

Sound Healing Foundations

History, science, and principles behind sound as a healing modality.
Instruments: singing bowls, tuning forks, gongs, drums, and voice.

02

Energy Systems

Understanding chakras, meridians, and the aura in relation to sound. Sound baths, guided journeys, and one-on-one sessions.

03

Integration & Practice

Combining sound healing with breathwork, meditation, and yoga. Setting up and leading workshops professionally.

04

Building Your Practice

Marketing, professionalism, self-care, intuition development, and ethical boundaries for sound healing practitioners.

05 / LEVEL 1

BEGINNER

NO PREREQUISITES

Level 1. Introduction to **Sound** **Healing.**

Level 1 introduces the basic principles and fundamental skills needed to play singing bowls. Designed for beginners, it helps you understand the therapeutic power of sound and vibrations while learning to incorporate singing bowls into meditation and self-healing practice.

TOPIC A

Introduction to Singing Bowls

History, types (Tibetan, Crystal), spiritual significance, and healing properties of bowls.

TOPIC C

Sound Meditation & Self-Care

Using bowls in meditation, guided relaxation, breathing synchronization, and grounding techniques.

TOPIC B

Basic Playing Techniques

Striking, rim rubbing, generating different tones, and using multiple bowls together.

TOPIC D

Intro to Chakra Balancing

Overview of the seven energy centers and how sound frequencies can help balance them.

LEVEL 1: MODULE BREAKDOWN

Four modules of **foundation**.

MODULE 1

Introduction

- Overview & Physics of Sound Healing
- Introduction to Sound & Frequency
- Types & Benefits of Tibetan Singing Bowls
- How to Select & Use Various Bowls
-

MODULE 3

Practical

- Self-Healing / Relaxation
- Aura Cleaning / Sealing
- Half Moon & Full Moon Therapy
- Sound Bath Session & Sound Pyramid

MODULE 2

Chakra Healing

- Introduction to Aura & Chakras
- Concept of Kundalini & 3 Stages of Chakras
- 7 Chakra Beej Mantras
-

MODULE 4

Chakra Sound Healing

- Identify & Clear Blocked Chakras
- Root, Sacral, Solar Plexus Healing
- Heart, Throat, Third Eye, Crown Healing
- How to Give Sound Healing Sessions

Upon completing Level 1, you'll **confidently play singing bowls**, use them for meditation and relaxation, and start applying sound healing in personal or group sessions.

06 / LEVEL 2

INTERMEDIATE

PREREQUISITE: LEVEL 1

Level 2. Intermediate Sound Healing & **Chakra Balancing.**

Level 2 builds on foundational skills and dives deeper into the therapeutic use of singing bowls for chakra healing, emotional release, and physical healing. Ideal for those who want to explore sound healing for others—personally or professionally.

TOPIC A

Advanced Playing Techniques

Complex sounds, harmonics, multiple bowls, and sound patterns for targeted healing.

TOPIC C

Emotional & Physical Healing

Releasing trauma, stress, and physical blockages; integrating with Reiki and breathwork.

TOPIC B

Chakra Healing

Sound frequencies for each chakra, clearing blockages, and restoring energetic flow.

TOPIC D

Conducting Sessions

One-on-one and group sound healing; intuitive bowl placement; energy reading.

LEVEL 2: MODULE BREAKDOWN

Four modules of **integration**.

MODULE 1

Theory — Instruments

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

MODULE 3

Practical — Therapy

- Therapy Bowl & Crystal Quartz
- Frame & Shamanic Drum
- Ocean & Hapi Drum
- Wind Chimes, Tingsha, Zen & Koshi Chimes

MODULE 2

Theory — Therapy

- Therapy Tibetan Singing Bowls
- Throat Singing & Mantra Chanting
- Chakra Balancing & Drinking Bowl Water
- Tibetan & Universal Vedic Therapy

MODULE 4

Practical — Other Therapies

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

Upon completing Level 2, you'll **conduct professional sound healing sessions** , balance chakras, and integrate sound therapy into your wellness practice.

07 / LEVEL 3 & 4

ADVANCED

PREREQUISITE: LEVEL 1 & 2

Level 3 & 4

Advanced Mastery & Professional Practice.

Level 3 is for those who have completed Levels 1 and 2 and wish to refine their skills for professional and advanced healing. This course focuses on mastering sound therapy, trauma healing, deep spiritual work, and building a professional sound healing practice.

TOPIC A

Advanced Sound Techniques

Layering sounds, combining instruments (gongs, tuning forks, chimes), harmonics, and overtones.

TOPIC C

Spiritual Sound Journeys

Guiding clients through altered states, sacred ceremonies, and spiritual awakening with sound.

TOPIC B

Trauma & Deep Healing

Sound therapy for PTSD, cellular healing, and breaking deeply held emotional patterns.

TOPIC D

Professional Practice

Business setup, client interaction, ethics, marketing, and managing a sound healing business.

LEVEL 3 & 4: MODULE
BREAKDOWN

Four modules of **mastery**.

MODULE 1

Theory

- Tuning Forks & Gongs
- Breathwork (Pranayama)
- Sanskrit Beej Mantras for Chakras
- Brainwave Detox & Space Cleaning

MODULE 3

Physiological & Psychological

- Therapy for Joints, Stomach, Chest, Hips, Back
- Sciatica, Shoulders, Spine, Calf & Feet
- Stress, Depression, Anxiety & Insomnia
- Digestive, Urinary & Reproductive System Therapy

MODULE 2

Practical — Sound Therapy

- Tuning Forks for Healing
- Gong for Sound Therapy
- Singing Bowl Therapy & Pranayama Integration
- Mind Detox / Brainwave Technique

MODULE 4

Teaching Methodology

- Art of Teaching & Room Preparation
- Client Assessment & Listening
- Relaxing Clients & Managing Expectations
- End of Treatment & Client Response

Upon completing Level 3 & 4, you'll be a **certified sound healer** capable of guiding profound sessions, building a professional practice, and integrating sound with other modalities.

WHO IS EACH LEVEL IDEAL FOR?

Find your **starting point.**

LEVEL 1

Beginners

Anyone curious about sound healing and meditation using singing bowls. No prior experience needed. Perfect for yoga practitioners and wellness enthusiasts.

LEVEL 2

Practitioners

Those with basic singing bowl knowledge who wish to deepen chakra healing, emotional release, and professional application. Ideal for yoga teachers and holistic healers.

LEVEL 3&4

Advanced Healers

Experienced sound healers and wellness professionals who want to specialize in trauma healing, spiritual work, and building a professional sound healing business.

LEVEL-BY-LEVEL COMPARISON

The three levels, **side by side.**

FEATURE	Level 1	Level 2	Level 3 & 4
TARGET AUDIENCE	Beginners	Inter mediate	Advanced
FOCUS	Basics & Meditation	Chakra & Emotional Healing	Mastery & Professional
INSTRUMENTS	Tibetan Singing Bowls	Multiple Instruments	Gongs, Tuning Forks & More
SESSIONS	Self-Healing	1-on-1 & Group	Ceremonies & Journeys
CERTIFICATION	✓ Included	✓ Included	✓ Certified Sound Healer
PREREQUISITES	None	Level 1	Level 1 & 2

ADDITIONAL COURSE FEATURES

Everything you need to **learn deeply.**

01

Certification

Receive an internationally recognized certificate upon completion, allowing you to use your skills professionally worldwide.

02

Hands-On Practice

Each level includes practical exercises, guided meditations, and live sessions with clients (Levels 2 & 3).

03

Support Materials

Access to training manuals, sound guides, video tutorials, and online community groups for continued learning.

04

Recording Access

All live Zoom sessions are recorded and accessible for 1 full year — learn at your own pace, revisit anytime.

COURSE OUTCOMES: YOUR TRANSFORMATION

Explore. Heal. **Lead.**

i

Explore

Discover the foundations of sound healing, the science of vibration, and the meditative power of singing bowls.

ii

Heal

Apply sound therapy for chakra balancing, emotional release, and personal transformation.

iii & iv

Lead

Guide Clients through deep healing sessions and build a professional sound healing practice.

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

CERTIFICATE OF COMPLETION

What you'll receive upon **completing** your course.



Internationally recognized. Globally accepted by wellness professionals. Accredited by Yoga Alliance & IYO. Valid for lifetime use.

OTHER COURSES AT OM YOGA INTERNATIONAL

Beyond Sound Healing.

Beyond Sound Healing, OYI offers a wider range of internationally certified yoga and wellness programs to support your complete journey in holistic health.

YOGA THERAPY
CLASSES

Yoga Therapy Classes

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

YCB YOGA
COURSES

YCB Yoga Courses

- YCB Level-1 through Level-6
- Government-recognized certification
- Structured progressive curriculum

RYT YOGA
COURSES

RYT Yoga Courses

- 200hrs, 300hrs & 500hrs YTTC
- 85hrs RPYT
- Face Yoga YTTC
- Sound Healing TTC

WHY CHOOSE OM YOGA INTERNATIONAL?

Why Om Yoga International.

01

International Accreditation

Yoga Alliance (YA) & IYO recognized certifications accepted globally.

02

Flexible Online Learning

Live Zoom sessions+self-paced modules + 1-year recording access.

03

Expert Trainers

Learn from seasoned practitioners with decades of experience in Rishikesh.

04

Holistic Curriculum

Comprehensive 3-level path covering theory, practice, and professional development.

CONNECT WITH US

Reach out, **any way you like.**

Scan the QR codes or contact us directly to connect with Om Yoga International on

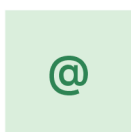
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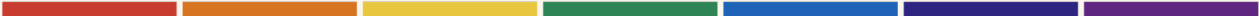
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Tapovan, Rishikesh, Uttarakhand, India

Begin Your **Sound Healing** Journey Today.

Transform Lives Through the Power of Sound. Whether you're a complete beginner or an experienced wellness practitioner, Om Yoga International's Sound Healing Courses offer a structured, internationally certified path to mastery. Join a global community of sound healers trained in the spiritual heartland of Rishikesh.



ENROLL NOW Enroll Now Courses available online. Flexible timings. No prerequisites for Level 1.	INVESTMENT Investment INR 35,000 USD 369 Internationally recognized certification included.	GET IN TOUCH Get in Touch +91 7060004959 info@omyogainternational.com www.omyogainternational.com www.omyogainternational.org
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Wishing you All the very Best for Future Endeavours!!!

Om Yoga International, Rishikesh