

Sonic Harmony: The Art and Science of Sound Activation for Yoga Teachers

Dates: September 1st - Online portal opens
 September 28th and 29th - In-person training
 October 20th - Final module/exam

Investment: £350
 Payment plans available

This comprehensive course is tailored for yoga instructors seeking to elevate their teaching practice by integrating the transformative power of mantra and sound. Through immersive in-person workshops, and online theory, students will learn to weave mantra into their classes and design sound-based sessions to promote stress reduction and deep relaxation.

This course does not equip the student to practice sound healing on a 1-2-1 basis.

Module	SYT contact hours	Non SYT contact hours	Non-Contact Hours	Total Hours
Module 1 – The Theory (online) <ul style="list-style-type: none"> The History & Philosophy of Nada Yoga The different types of Mantra The Sanskrit Alphabet Frequencies & Sacred Geometry Vocal Anatomy 			5	5
Module 2 - Using your voice as an instrument <ul style="list-style-type: none"> Effective vocal warm-up practices Professional coaching sessions on voice projection and articulation Techniques for discovering and expanding your vocal range Breathing exercises for vocal support and control Individual and group exercises for exploring the voice 		2.5		2.5

Module	SYT contact hours	Non SYT contact hours	Non-Contact Hours	Total Hours
<p>Module 3 - Creating Overtones and Gaining Confidence</p> <ul style="list-style-type: none"> • Understanding the mechanics of overtones and harmonic singing • Techniques for producing and controlling overtones • Practice sessions for gaining confidence 		2.5		2.5
<p>Module 4 – Chanting Mantra</p> <ul style="list-style-type: none"> • Bija Mantras • Saguna Mantras • Nirguna Mantras 	5			5
<p>Module 5 – Using Instruments for Relaxion and Stress Relief</p> <ul style="list-style-type: none"> • Introduction to gong, Tibetan bowls, and crystal bowls & other instruments • Techniques for playing and integrating these instruments into yoga classes & group workshops 	5			5
<p>Module 6: Crafting Meditations</p> <p>Principles of designing guided meditations for yoga classes and group workshops</p> <p>Incorporating sound, breath, and visualisation techniques</p> <p>Practice sessions for leading meditations and sound baths with confidence</p>	3			3

Module	SYT contact hours	Non SYT contact hours	Non-Contact Hours	Total Hours
<p>Module 7: Holding Space with Integrity</p> <ul style="list-style-type: none"> • Understanding the role of the yoga teacher as a facilitator of transformation • Establishing a safe and supportive environment for group practice • Ethical considerations and boundaries in holding space for others 	2			2
<p>Module 8: Advanced Practices and Integration</p> <p>Advanced techniques for working with chakras and energy centres</p> <p>Designing and facilitating chakra workshops with sound activation</p> <p>Creating immersive soundscapes for meditation and relaxation</p>	3			3
<p>Module 9 – Practical Exam (3 weeks after part 1 of course)</p> <ul style="list-style-type: none"> • Assignments & case studies to be handed in 2 days before practical exam 	7			7