



OM YOGA INTERNATIONAL RISHIKESH

7-Day Sound Healing Teacher Training



Master the Art of Healing Through Sound & 7 Singing Bowls

Learn • Practice • Heal • Teach

Immerse yourself in the transformative world of sound healing with our 7-Day Sound Healing Teacher Training in Rishikesh, India. Learn how to use 7 traditional singing bowls, sound vibrations, meditation, breathwork, and therapeutic techniques to create deeply relaxing and restorative experiences for yourself and others.

This intensive training is designed for yoga teachers, wellness practitioners, therapists, meditation teachers, and anyone who wants to develop practical skills to confidently conduct individual and group sound healing sessions.

COURSE HIGHLIGHTS

-  Learn to play and work with 7 Singing Bowls
-  Learn fundamental sound healing techniques
-  Sound meditation and relaxation practices
-  Learn chakra and energy balancing concepts
-  Practical one-to-one sound healing sessions
-  Learn to conduct group sound baths
-  Learn therapeutic applications of sound
-  Explore Nada Yoga and the science of vibration
-  Receive a Sound Healing Teacher Training Certificate
-  Experience sound healing in the spiritual environment of Rishikesh
-  Small-group practical training
-  Suitable for beginners and experienced practitioners

WHY SOUND HEALING?

Sound has been used for centuries as a tool for meditation, contemplation, relaxation, and spiritual practice.

Singing bowls produce rich tones and overtones that can help create a peaceful environment for meditation and relaxation. Through conscious listening, vibration, breath, and awareness, sound healing practices can support a deeper state of calm and mindfulness.

Our training combines traditional practices with practical teaching methods, helping you understand not only how to play singing bowls, but also how to structure and confidently guide a sound healing session.

WHAT YOU WILL LEARN

1. Introduction to Sound Healing

Understand the history, philosophy, principles, and applications of sound healing.

2. The 7 Singing Bowls

Learn the characteristics and practical use of a seven-bowl set, including how to produce different tones, vibrations, and resonances.

3. Playing Techniques

Learn fundamental techniques including:

- Striking
- Rim playing
- Creating sustained vibrations
- Tone control
- Sound layering
- Creating transitions
- Working with rhythm and silence

4. Sound Meditation

Learn how to use singing bowls to guide meditation, relaxation, mindfulness, and awareness practices.

5. Chakra & Energy Practices

Explore traditional chakra concepts and learn how sound and vibration are incorporated into chakra-focused practices.

6. Body Sound Healing

Learn basic techniques for working with sound around and, where appropriate, near the body while maintaining proper boundaries and safety.

7. One-to-One Sound Healing

Learn how to structure a personalized sound healing session for an individual client.

8. Group Sound Bath

Learn how to prepare and conduct a group sound bath using multiple singing bowls.

9. Nada Yoga

Explore the yogic concept of Nada — inner and outer sound — and its relationship with meditation and awareness.

10. Breath & Sound

Combine conscious breathing with sound to create calming and meditative experiences.

11. Creating a Healing Environment

Learn how to prepare your space, instruments, atmosphere, intention, and session structure.

12. Teaching Methodology

Develop the skills required to confidently guide sound healing sessions for individuals and groups.

THE 7 SINGING BOWLS

The training focuses on working with a set of seven singing bowls.

You will learn how to:

- Understand the individual character of each bowl
- Produce clear and sustained tones
- Combine different bowls
- Create harmonious sound sequences
- Use bowls during meditation
- Incorporate bowls into yoga and relaxation
- Create sound bath experiences
- Develop your own sound healing sequences

Important: Associations between particular bowls, notes, chakras, or healing effects can vary between traditions and instruments. The course focuses on practical sound work rather than presenting these associations as medical facts.

COURSE CURRICULUM

DAY 1 – Introduction to Sound Healing

- Welcome and course orientation
- What is sound healing?
- History and traditions of singing bowls
- Understanding vibration and resonance
- Introduction to the seven singing bowls
- Holding and handling the bowls
- Basic playing techniques
- Meditation with sound

Practice: Basic bowl playing and mindful listening.

DAY 2 – Singing Bowl Techniques

- Understanding bowl tones and overtones
- Striking techniques
- Rim techniques
- Creating sustained sound
- Controlling volume and intensity
- Working with silence
- Combining two or more bowls
- Developing listening awareness

Practice: Individual bowl and combination exercises.

DAY 3 – Sound, Meditation & Nada Yoga

- Introduction to Nada Yoga
- Outer sound and inner awareness
- Sound meditation
- Mantra and vibration
- Breath and sound
- Guided relaxation with singing bowls
- Creating a personal sound meditation

Practice: Guided sound meditation.

DAY 4 – Chakras, Energy & Sound

- Introduction to the chakra system
- Traditional concepts of energy and vibration
- Sound-based meditation practices
- Using bowls within chakra-focused practices
- Creating a balanced sound sequence
- Working with intention and awareness

Practice: Chakra-focused sound meditation.

DAY 5 – Individual Sound Healing Sessions

- Preparing a healing space
- Client communication and consent
- Session structure
- Positioning and professional boundaries
- Working with sound around the body
- Creating a personalized session
- Beginning and ending a session
- Client aftercare and feedback

Practice: Complete one-to-one sound healing sessions.

DAY 6 – Group Sound Bath & Teaching Skills

- What is a sound bath?
- Preparing the room
- Instrument placement
- Session planning
- Opening and closing a sound bath
- Layering sounds
- Voice and guided meditation
- Managing group energy
- Practical teaching methodology

Practice: Students conduct a group sound bath.

DAY 7 – Practice, Assessment & Certification

- Complete sound healing practice
- Individual assessment
- Group sound bath assessment
- Teaching methodology review
- Questions and discussion
- Feedback from teachers
- Final meditation
- Certificate ceremony

Completion: Sound Healing Teacher Training Certificate.

DAILY SCHEDULE

6:30 AM – Morning Meditation / Sound Practice

7:00 AM – Yoga & Breathwork

8:30 AM – Breakfast

9:30 AM – Sound Healing Theory

11:00 AM – Singing Bowl Practice

1:00 PM – Lunch

3:00 PM – Practical Training

5:00 PM – Tea / Break

5:30 PM – Sound Meditation / Sound Bath

7:00 PM – Dinner

8:00 PM – Reflection / Self-Practice

Schedule may be adjusted according to the training group's needs.

WHO CAN JOIN?

This course is suitable for:

- Yoga teachers
- Meditation teachers
- Sound healing practitioners
- Wellness professionals
- Holistic therapists
- Reiki practitioners
- Ayurveda and wellness practitioners
- Massage and bodywork professionals
- Spiritual practitioners
- Retreat facilitators
- Beginners interested in sound healing

No previous sound healing experience is required.

IS THIS COURSE FOR BEGINNERS?

Yes.

You don't need previous experience with singing bowls. We begin with the fundamentals and progressively introduce more advanced techniques.

The course combines theory, demonstration, practice, teaching exercises, and feedback, allowing you to develop confidence step by step.

PRACTICAL TRAINING

Practice is at the heart of the program.

During the seven days, you will have opportunities to:

- Play individual singing bowls
- Work with all seven bowls
- Practice sound meditation
- Practice one-to-one sessions
- Conduct group sound baths
- Create sound sequences
- Practice guiding participants
- Receive teacher feedback
- Complete a final practical assessment

WHAT YOU WILL BE ABLE TO DO AFTER THE COURSE

After completing the training, you will have practical knowledge to:

- ✓ Conduct basic individual sound healing sessions
- ✓ Facilitate group sound baths
- ✓ Use seven singing bowls confidently
- ✓ Guide sound meditation practices
- ✓ Incorporate sound into yoga and meditation classes
- ✓ Create structured sound healing sessions
- ✓ Work professionally with clients within your training and scope

CERTIFICATION

After successfully completing the seven-day training and practical assessment, participants receive a:

Sound Healing Teacher Training Certificate

The certificate confirms completion of the 7-Day Sound Healing Teacher Training with 7 Singing Bowls at Om Yoga International.

WHO CAN TEACH SOUND HEALING AFTER THIS COURSE?

Graduates may use their training to develop offerings such as:

- Individual sound relaxation sessions
- Group sound baths
- Yoga class sound sessions
- Meditation sessions
- Wellness retreats
- Corporate relaxation sessions
- Private workshops
- Community sound events

Always work within your training, local regulations, professional boundaries, and appropriate scope of practice.

COURSE BENEFITS

Deepen Your Own Practice

Experience sound as a tool for relaxation, mindfulness, and self-awareness.

Learn Practical Skills

Spend substantial time practicing with the seven singing bowls.

Build Teaching Confidence

Learn how to structure and guide individual and group sessions.

Expand Your Wellness Skills

Integrate sound practices with yoga, meditation, breathwork, and wellness programs.

Learn in Rishikesh

Study in one of India's most renowned destinations for yoga and spiritual practice.

WHY CHOOSE OM YOGA INTERNATIONAL?

Traditional Yoga Environment

Learn in Rishikesh, surrounded by the Himalayas and the sacred Ganga.

Experienced Teachers

Learn through demonstrations, guided practice, corrections, and feedback.

Practical Learning

The course emphasizes hands-on experience rather than theory alone.

Small Groups

Smaller groups allow greater interaction and individual guidance.

International Community

Meet students and wellness practitioners from different countries and backgrounds.

Complete Learning Experience

Theory, practice, meditation, teaching methodology, and assessment are integrated into one intensive program.

COURSE DETAILS

Details	Information
Course Name	7-Day Sound Healing Teacher Training
Focus	7 Singing Bowls
Duration	7 Days
Location	Tapovan, Rishikesh, India
Level	Beginner to Intermediate
Language	English
Format	In-person
Practical Training	Included
Assessment	Practical + Teaching
Certificate	Sound Healing Teacher Training Certificate
Batch Size	Small Group

WHAT'S INCLUDED

- ✓ 7-day sound healing training
- ✓ Theory and practical classes
- ✓ Singing bowl practice
- ✓ Sound meditation sessions
- ✓ Group sound bath practice
- ✓ Individual practice sessions
- ✓ Course study materials
- ✓ Teacher guidance and feedback
- ✓ Final practical assessment
- ✓ Course completion certificate

WHAT'S NOT INCLUDED

- ✗ International/domestic airfare
- ✗ Indian visa
- ✗ Travel insurance
- ✗ Personal expenses
- ✗ Airport transfers unless specifically included in your package
- ✗ Personal shopping
- ✗ Medical expenses
- ✗ Optional activities

ACCOMMODATION & MEALS

Comfortable Accommodation

Stay in a peaceful environment in Rishikesh during your training, giving you the opportunity to focus fully on your practice and studies.



Private Room

- ✓ Bed ✓ Private washroom ✓ Hot water
- ✓ AC ✓ Heater ✓ Wi-Fi
- ✓ Mountain view ✓ Daily housekeeping
- ✓ Fresh towels ✓ Western toilet
- ✓ Room service ✓ Mosquito net

Rs. 55,000



Twin Sharing

- ✓ Attached bathroom ✓ Bed ✓ Hot water
- ✓ AC ✓ Heater ✓ Wi-Fi
- ✓ Mountain view ✓ Daily housekeeping
- ✓ Fresh towels ✓ Western toilet
- ✓ Room service ✓ Mosquito net

Rs. 47,000



Triple Sharing

- ✓ Attached bathroom ✓ Bed ✓ Hot water
- ✓ AC ✓ Heater ✓ Wi-Fi
- ✓ Mountain view ✓ Daily housekeeping
- ✓ Fresh towels ✓ Western toilet
- ✓ Room service ✓ Mosquito net

Rs. 44,000

7-DAY

✓ Triple Sharing — \$465 USD

BOOK NOW — \$50 DEPOSIT →

 **ASK ABOUT DATES**

Quad sharing available for female students only.



Healthy Vegetarian Meals

Enjoy fresh vegetarian meals designed to support your yoga and wellness routine.

If accommodation and meals are not included in this course, remove this section or clearly mark them as optional.

WHAT TO BRING

- Comfortable clothing
- Yoga mat
- Notebook and pen
- Personal water bottle
- Comfortable walking shoes
- Personal toiletries
- Light jacket
- Meditation shawl or blanket
- Personal medicines if required
- Open and curious mind

COURSE LOCATION

Rishikesh — The Yoga Capital of the World

Rishikesh offers a unique environment for studying yoga, meditation, and sound practices.

Located beside the sacred River Ganga and surrounded by the Himalayan foothills, Rishikesh provides an inspiring setting for personal practice and inner exploration.

During your free time, you can explore local temples, ashrams, markets, nature trails, and the banks of the Ganga.

FAQ

Do I need previous experience?

No. The course is suitable for beginners as well as experienced yoga and wellness practitioners.

Do I need to bring my own singing bowls?

No. Singing bowls are provided for practical training during the course.

Will I learn all seven singing bowls?

Yes. The training is specifically designed around practical work with a set of seven singing bowls.

Can I become a sound healing teacher after this course?

The course provides foundational teacher training and practical skills for conducting basic sound sessions. Your professional scope should match your training, experience, and local requirements.

Is the course only for yoga teachers?

No. Anyone interested in learning sound healing can join.

Will there be practical sessions?

Yes. Practical training is a major part of the program.

Will I conduct a sound bath?

Yes. Students practice planning and facilitating a group sound bath.

Will I receive a certificate?

Yes, participants who successfully complete the course and assessment receive a Sound Healing Teacher Training Certificate.

Is the course residential?

[Add your actual residential/non-residential option here.]

What language is the course taught in?

The course is taught in English.

Where is the course held?

The training is held at Om Yoga International in Rishikesh, India.

CALL TO ACTION

Begin Your Sound Healing Journey

Learn the art of sound, vibration, meditation, and singing bowls in the spiritual environment of Rishikesh.

7 Days • 7 Singing Bowls • Practical Training • Sound Healing Teacher Certification

Apply Now | Check Course Dates | Download Brochure | Contact Us

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OM YOGA INTERNATIONAL
NEAR LEMAN TREE HOTEL TAPOVAN,
RISHIKESH