

# Sound Therapy Facilitator Diploma

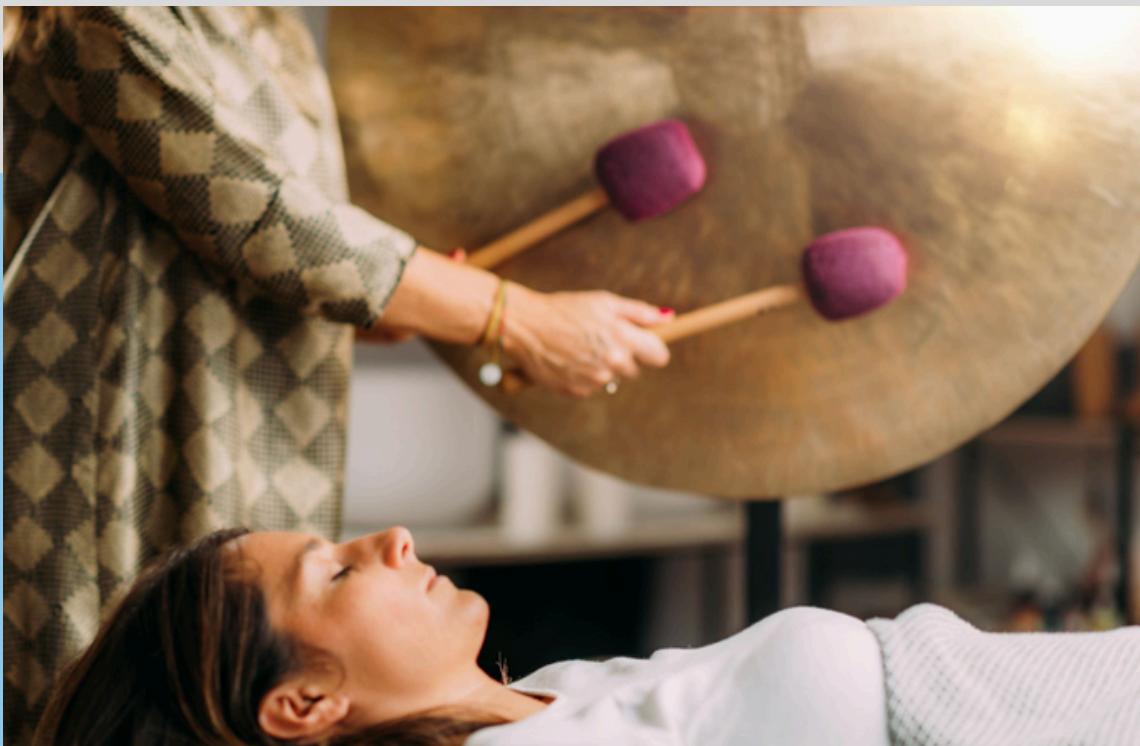
*A journey into the art and science of sound healing.*

## Course Prospectus

INTENSIVE

14<sup>th</sup> - 18<sup>th</sup> SEPTEMBER

2026



**[www.sarateal.co.uk](http://www.sarateal.co.uk)**

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# AT A GLANCE

## What:

A professional and soul-centred training exploring the therapeutic and sacred power of sound. The Sound Therapy Facilitator Diploma blends science and spirit through hands-on practice with **sacred drum, quartz crystal healing bowls, Himalayan singing bowls, voice, and gongs** – grounded in trauma-informed and energy-aware facilitation – and designed to equip you to hold both one-to-one and group sound sessions with confidence and integrity. No prior experience is necessary.

## When:

Five full in-person immersion days, with additional live Zoom sessions after the immersive week focusing on theory and integration. In-person dates (September 2026)

A five-day immersion, Monday to Friday, 9.30am–4.30pm

- 14th–18th September 2026

## Where:

Sheffield Yoga Centre, 270 Burgoyne Rd, Sheffield S6 3QF

Homemade vegan and gluten-free lunches, snacks, and herbal teas are included.

## Online sessions:

Dates and times will be finalised once the group is confirmed, allowing us to align with everyone's availability. All sessions will be recorded.

## Investment:

- Early Bird: £1,111 (paid in full before 21 March 2026)
- Full Price: £1,333 - **Monthly payment plans are available, please get in touch.**

T&C apply - please see end of brochure for details.

## Certification:

Graduates receive a Sound Therapy Facilitator Diploma Certificate, eligible for professional public liability insurance.

Approved insurance through [www.wellbeinginsurance.co.uk](http://www.wellbeinginsurance.co.uk)

# VISION

Sound has always been one of our oldest medicines. Long before words, rhythm and vibration were used to connect, to soothe, to awaken. This training was born from that remembering — a return to the intelligence of sound as both science and spirit.

The Sound Therapy Facilitator Diploma invites you to explore sound as a living energy — one that moves through the body, balances the nervous system, and restores coherence in the field. It bridges ancient principles with modern understanding, blending rhythm, resonance, and presence into a grounded therapeutic practice.

Across five immersive in-person days, you'll work with sacred drum, bowls, voice, and gong — learning how to use each as a precise, intuitive tool for transformation. You'll also deepen your personal connection to the subtler aspects of vibration: intention and energetic awareness.

This course has been designed for those who feel the call to hold space through sound — yoga teachers, healers, musicians, and anyone drawn to the art of sound therapy. Each module combines practical facilitation skills with trauma-informed awareness, sacred practice, and time for integration.

Above all, this is a journey of embodiment. You'll learn not only how to play instruments, but how to become an instrument — attuned, grounded, and resonant with life itself.



# What You'll Learn

You'll develop both the practical skills and energetic sensitivity to work confidently as a Sound Therapy Facilitator — learning to create coherent, healing environments where rhythm, resonance, and intention support transformation for both individuals and groups. The training blends scientific understanding with intuitive practice, guiding you to embody steadiness, presence, and authenticity as you hold space through sound with confidence.

Modules you'll explore:

**Sacred Drum** — grounding, rhythm, and the healing intelligence of vibration

**Bowls** — crystalline and Himalayan frequencies for balance and coherence

**Voice** — using tone, mantra, and intuitive voice as bridges between inner and outer sound

**Gongs** — working safely with power and resonance; creating spacious, restorative journeys

**Integration** — designing sessions, sequencing, and embodying your unique facilitation style

Alongside the hands-on practice, we'll explore:

- The science of frequency, entrainment, and the nervous system
- Trauma-informed and neurodivergent-inclusive facilitation — understanding different ways people process sound, sensation, and space
- The subtle anatomy of sound — chakras, elements, and the energetic body
- Intention, presence, and ethics in sound facilitation
- The art of transition and integration for yourself and your clients
- Energetic hygiene and space creation — preparing, protecting, and closing the field
- Facilitation language and guidance — using voice, silence, and narrative safely and effectively
- Working with nervous-system states — recognising activation, freeze, and grounding responses
- Session design and sequencing for one-to-one and group sound journeys
- Developing your unique sound signature — cultivating authenticity, intuition, and flow

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# THE FIVE IN-PERSON IMMERSIONS

## THE HEART OF THIS TRAINING: PRACTICE, PRESENCE & PLAY

Sound therapy is a living art. It is learned not just through information, but through experience – through the feel of an instrument in your hands, the subtle shifts in your field, and the way sound moves through a room, a body, a breath.

These in-person immersions are designed to be deeply hands-on, giving you the time, space, and guidance to genuinely play, practise, and embody each technique. This is where confidence is built, intuition awakens, and the craft truly becomes your own.

Each immersion blends practice with the essential theory that supports safe, grounded facilitation.

Across the five days, you will explore:

- How each instrument works on the body and within the biofield – including vibrational pathways, nervous-system effects, and energetic modulation.
- The origins, history, and lineage of every instrument – understanding not only where they come from, but why they have been used for healing across cultures and time.
- Energetic healing principles specific to each modality – including resonance, rhythm, coherence, entrainment, and the spiritual qualities carried through sound.
- Relevant scientific understanding – offering grounded, accessible explanations of frequency, vibration, neurophysiology, and the emerging field of sound-based therapeutics.
- How instruments work alongside one another – the differences, the overlaps, and how to weave them safely and effectively in practice.
- Your own relationship with sound – refining touch, sensitivity, listening skills, and the intuitive intelligence that grows with real practice.

This training honours the truth that skill comes from doing. These days are crafted so you can learn with your whole body, not just your mind – gaining the confidence, clarity, and energetic attunement needed to hold powerful therapeutic spaces.

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# PROGRAMME OVERVIEW

## Monday 14th September 2026

### **The Sacred Drum: Rhythm, Grounding & Regulation**

The drum is our oldest instrument and the heartbeat of all rhythm. This first immersion anchors the entire training, teaching you how rhythm regulates the nervous system, steadies the field, and opens presence. We explore grounding, safe facilitation, and the therapeutic use of pulse and tempo – creating stability through sound.

## Tuesday 15th

### **The Bowls: Resonance, Fluidity & Flow**

Himalayan and quartz crystal bowls invite deep coherence. Their tones ripple through fascia, water, and field, teaching balance and receptivity. You'll learn practical playing techniques, sequencing, and how to weave the bowls into individual or group settings for emotional release, harmony, and nervous-system recalibration.

## Wednesday 16th

### **The Voice: Expression, Breath & Frequency**

Your voice is your most powerful instrument. This day explores toning, intuitive voice, and mantra as pathways of self-expression and subtle energy alignment. You'll learn how to use vocal vibration safely and confidently – for yourself and others – to restore resonance, truth, and connection. Don't worry if you think you can't sing!

## Thursday 17th

### **The Gong: Power, Expansion & Integration of Opposites**

Working with the gong demands presence and sensitivity. You'll discover its vast range, the yin-yang balance of sound and silence, and how to create journeys that awaken, release, and integrate. We'll explore techniques, gong care, safe practice, and sequencing within trauma-informed frameworks.

## Friday 18th

### **Integration: Embodiment, Facilitation & Professional Practice**

The final module gathers every strand – bringing together rhythm, resonance, voice, and vibration into one coherent practice. We focus on facilitation skills, client processes, energetic hygiene, and developing your authentic sound offering. The day continues with peer-led sessions, reflection, and ceremony.

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# DAILY RHYTHM (EXAMPLE)

## **9:30am – Arrival, Cacao & Opening the Field**

We begin gently, arriving into the space and sharing a small cup of ceremonial cacao. Cacao supports grounding, softens the nervous system, and helps you settle into an open, receptive state.

Together we set intentions for the day and attune to the energy of the instrument we're working with – opening our awareness to its history, qualities, and healing potential.

## **10:15am – 12:30pm – Technique, Practice & Embodiment**

A full, hands-on session where you learn foundational techniques, explore different ways of playing, and begin to understand how the instrument affects the body and the field. You'll be guided step-by-step, with time for repetition, experimentation, and developing your own relationship with the instrument.

## **12:30pm – 1:00pm – Lunch Break (GF & Vegan lunch provided )**

A chance to nourish, rest, integrate, and reset the nervous system before the afternoon's deeper work.

## **1:00pm – 2:00pm – Immersive Sound Bath**

You will experience a full sound bath facilitated by Sara using the instrument of the day. This gives you a direct felt-sense of its therapeutic capacity – how it moves energy, influences your physiology, and interacts with the subtle body.

Receiving is essential for learning; it teaches you what you are eventually holding for others.

## **2:15pm – 4:30pm – Practice, Integration, Theory & Q&A**

The afternoon deepens your practical skill and your understanding of the instrument's wider context.

This includes:

- Continued hands-on practice to refine technique and sensitivity
- Discussion and reflection on what you experienced in the sound bath
- Theoretical foundations: history, cultural context, energetic principles, and relevant scientific support
- How this instrument weaves with others – differences, overlaps, and complementary pairings
- Space for questions, troubleshooting, and personalised guidance

We close the day grounded, integrated, and with a clear sense of your next steps for practice and development.

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# ONLINE THEORY & INTEGRATION

## Online Sessions

Following the September intensive, we'll gather online for a series of live Zoom sessions to support integration and continued learning. These sessions offer space to reflect on personal practice, ask questions, and deepen understanding as the work settles. They also provide guidance and support as you move through the remainder of the course, including one-to-one sessions and any reflective or written components.

Each session includes:

- Group reflection and Q&A – space to share experiences and insights
- Short theory focus – topics such as sound and the nervous system, trauma-informed practice, or session sequencing
- Mentoring guidance – support with case studies, home practice, and facilitation challenges
- Energetic coherence practices – brief sound or grounding exercises to re-attune the group field

Attendance at these sessions forms part of your certification requirements, but these don't have to be attended live in person as they will be recorded - sessions will be approx 2 hours-ish. Dates & times TBC.

## Integration & Reflection

Integration is at the heart of sound therapy – it's where the real transformation happens. Reflection is woven throughout – through journalling, case studies, mentoring, and group dialogue – helping you translate what you learn into embodied skill and authentic facilitation. This is not just about gaining knowledge; it's about living the practice, integrating sound as a way of being and listening.

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# COMMITMENT & CERTIFICATION

To receive your certificate of completion and be eligible for professional insurance, participants are asked to:

- Attend all five in-person training days\*
- Complete 12 one-to-one case-study sessions (ideally 4 clients × 3 sessions each) within 6 months of the end of the course and submission of notes.
- Facilitate a 20-minute peer-reviewed sound bath as part of your assessment (on Friday 18th September.)
- Submit a 2,000-word reflective essay (title to be announced)
- Keep a home practice and reflection diary throughout the course
- Participate in any scheduled online theory or mentoring sessions (Dates/times TBC and these will be recorded).

On successful completion, you'll receive a Sound Therapy Facilitator Diploma Certificate, recognised for professional insurance.



\*I'll be running another cohort in 2027 so if you miss a session you can join in again then.

# ABOUT ME

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I'm a 500-hour senior yoga teacher, sound therapist, and breathwork facilitator with over seven years' professional experience holding classes, workshops, and therapeutic sessions across community, corporate, and clinical settings. I also hold an MA in Art, a PGCE, and an enhanced DBS certificate, and have worked with a wide range of organisations – from mental-health charities and special-needs schools to private companies and wellbeing centres.

My practice bridges yogic and energetic traditions with modern understandings of the nervous system, trauma, and coherence. Over the years, I've led hundreds of sound baths and gong immersions, and have taught yoga and delivered sound sessions in a rehabilitation centre for more than five years – learning first-hand how rhythm, resonance, and presence can restore balance and connection.

My work weaves together the scientific and the sacred: exploring sound as vibration, intention as medicine, and the body as the bridge between Earth and energy. This diploma brings together everything I've lived and learned – sound as transformation, facilitation as service, and the ongoing journey of living fully charged.

If you have any questions, please get in touch – I'm happy to chat about this further.

# WHAT YOU'LL NEED

## Equipment

To get the most from this training, you will need a small selection of core tools that support both your practical development and your reflective process. This will be discussed at the first session.

## Frame Drum

The frame drum is the first instrument we work with and forms the foundation of your sound therapy practice. You will need your own frame drum for the course. A small number will be available to borrow, but purchasing your own early on is strongly recommended so you can practise consistently and build a personal relationship with it.

I recommend no smaller than 14 inches and buy from a reputable seller rather than going directly to Amazon. My drums are all Remo synthetic ones and bought from <https://www.soundtravels.co.uk/> (please note that the cheaper ones don't come with beaters or have handles - I made mine and can show you how). I've also bought lots of equipment from <https://www.thomann.co.uk/index.html> and they have a cheaper animal skin frame drum [https://www.thomann.co.uk/millenium\\_18\\_frame\\_drum\\_tuneable.htm?srsltid=AfmB0ooBuDq-3uE9vv1LHz66uYhDyiwFvTi8RiBuUcobsM095SWmMKX0Tpc](https://www.thomann.co.uk/millenium_18_frame_drum_tuneable.htm?srsltid=AfmB0ooBuDq-3uE9vv1LHz66uYhDyiwFvTi8RiBuUcobsM095SWmMKX0Tpc) but as I've not used one in person, I'm not able to guarantee its quality as yet!

## Journal + Pen (Essential)

**Reflection is a crucial element of this training.**

Your journal will become a record of your insights, personal breakthroughs, instrument notes, case study development, and your own evolving energetic sensitivity.

You will use it during every in-person day, throughout the Zoom modules, and during your case studies.

## Other Instruments

You are not required to purchase bowls, gongs, or other instruments upfront as I will be supplying all the equipment to practice on. Each modality will be introduced in depth, and you will have the opportunity to explore and play before choosing whether to invest.

## Comfort Items (Optional)

- As we'll be mainly seated on the floor - cushions and blankets
- Eye mask or scarf for listening practices



## About Accreditation

After looking closely at the so-called “regulation” of sound therapy in the UK, I’ve chosen not to affiliate this course with any external accrediting body. There is no official or government-recognised regulator – only a number of private companies selling accreditation as a product. They offer logos, not oversight. Branding, not standards.

To practise sound therapy, you do not need accreditation from any of these organisations. What you do need is public liability insurance and a solid, ethical, well-trained foundation.

This diploma focuses on exactly that: real skill, embodied practice, trauma-aware facilitation, proper case studies, mentoring, and ethical grounding.

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# TERMS & CONDITIONS

## Terms & Conditions – Booking, Payments & Cancellations

### Booking & Payment

- Your place is confirmed once payment has been received (either payment in full or the first instalment).
- Payment plans are a commitment to the full course fee.
- If possible - all instalments to be completed before the course begins.
- A full receipt will be provided for all payments.

### Cooling-Off Period (Early Bird – Pay in Full)

- A 7-day cooling-off period applies to Early Bird bookings from the date of payment.
- During this 7-day period, a full refund may be requested.
- After this period, standard cancellation terms apply.

### Cancellation & Refund Policy

All cancellations must be made in writing.

#### More than 90 days before the course start date

- 75% refund of fees paid

#### Between 90 and 30 days before the course start date

- 50% refund of fees paid

#### Less than 30 days before the course start date

- No refunds will be issued
- At the organiser's discretion, fees may be transferred to a future course (subject to availability)

#### Once the course has started

- No refunds or transfers are available, regardless of attendance or completion

### Transfers

- Transfers to another course are not guaranteed and are offered at the organiser's discretion.
- Transfers must be used within a specified timeframe of within 12 months.

### Responsibility & Scope

- This training is experiential and intended for personal and professional development.
- It is not a substitute for medical, psychological, or psychiatric care.
- Participants are responsible for their own wellbeing and integration throughout the training.
- The organiser does not provide diagnosis, treatment, or clinical intervention.

### CPD & Tax

- This training qualifies as Continuing Professional Development (CPD).
- If you are self-employed, the cost of the training may be claimable as a business expense. Please consult your accountant for individual tax advice.