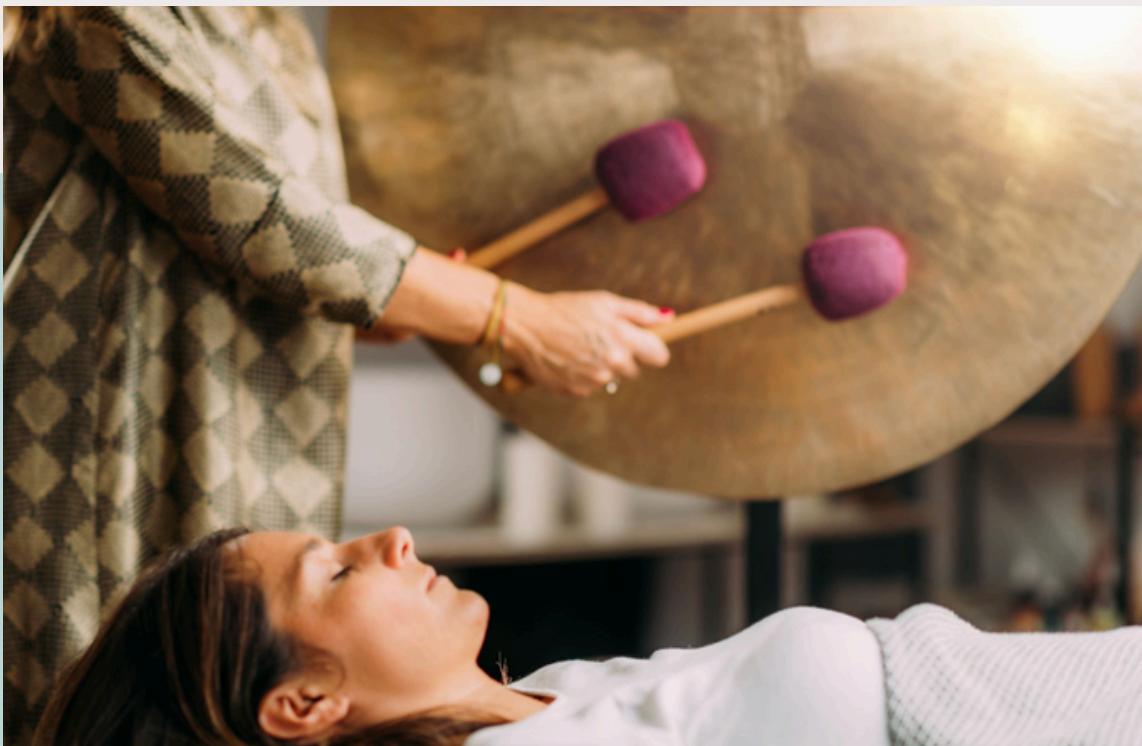


Sound Therapy Facilitator Diploma

A journey into the art and science of sound healing.

Course Prospectus
February - April
2026



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 drum, bowls, voice, and gong — 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 focusing on theory and integration between modules.

In-person dates for 2026:

Sunday 8th February

Sunday 15th February

Sunday 22nd February

Sunday 22nd March

Sunday 19th April

(9.30am – 4.30pm)

Where:

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

(Online dates and times will be finalised once the group is confirmed, so we can align with everyone's availability — all sessions will be recorded.)

Investment:

- Early Bird: £1,111 (paid in full before 21 December 2025)
- Full Price: £1,333
- Payment plans may be arranged by prior agreement

A non-refundable deposit of £222 is required to secure your place. Your booking is confirmed once the deposit has been received.

Please take time to consider your commitment, as payments made within 90 days of the training start date are non-refundable.

If you are unable to attend due to unforeseen circumstances, we may, at our discretion, be able to transfer part of your payment to a future training or event, subject to availability.

Certification:

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

Approved insurance through 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

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.

THE FIVE IN-PERSON IMMERSIONS

Sunday 8th February 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.

Sunday 15th February 2026

The Bowls: Resonance, Fluidity & Flow

Himalayan and 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.

Sunday 22nd February 2026

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!

Sunday 22nd March 2026

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.

Sunday 19th April 2026

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.

THE FIVE IN-PERSON IMMERSIONS

A SAMPLE IMMERSION DAY

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.

ONLINE THEORY & INTEGRATION

Online Sessions

Between each in-person module, we'll gather online to stay connected, deepen understanding, and integrate the learning from each immersion day. These live Zoom sessions are a chance to reflect on personal practice, ask questions, and explore theory in more depth – keeping the current of learning alive between meetings.

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. Dates & times TBC.

Integration & Reflection

Integration is at the heart of sound therapy – it's where the real transformation happens. This training is intentionally paced to allow time for experience to settle and wisdom to unfold. Each in-person immersion is followed by space for reflection, practice, and guided online sessions to support deeper understanding.

The length of the course has been carefully designed to mirror the work itself: rhythmic, spacious, and attuned to the natural process of assimilation. 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.

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 19th April 2026)
- 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 plan to run as second cohort of this course later on this year - so if you miss an in person session you can attend one of these.

ABOUT ME



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.

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.

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 at the first immersion, 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=AfmBOooBuDq-3uE9vv1LHz66uYhDyiwFvTi8RiBuUcobsM095SWmMKXOTpc 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. 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.