Sound Therapy Facilitator Diploma

60+ Hours of Training

A journey into the art and science of sound healing.

Five days of immersive, practical training, with continued online learning and mentoring.

8–12 March 2027 | Sheffield Yoga Centre



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AT A GLANCE

What:

A professional, **60 hours+** soul-centred Sound Therapy Facilitator Diploma blending science and spirit through hands-on training in sacred drum, quartz crystal healing bowls, Himalayan singing bowls, voice and gongs. Grounded in trauma-informed and energy-aware practice, the training equips you to facilitate both one-to-one and group sound sessions with confidence and integrity. No previous experience is necessary.

When:

8th–12th March 2027 Five immersive in-person training days, Monday–Friday, 9.30am–4.30pm, followed by live online sessions supporting theory, case studies and integration.

Where:

Sheffield Yoga Centre
270 Burgoyne Road, Sheffield S6 3QF
Homemade vegan and gluten-free lunches, snacks and herbal teas are included.

Online sessions:

Dates will be arranged once the training group is confirmed, allowing us to work around everyone's availability. All sessions will be recorded.

Investment: £1,399
Early Bird: £1,199 — save £200 when you book by 30 November 2026.
A £300 deposit secures your place, with flexible instalment plans available. Please see the booking terms at the end of the brochure.

Certification:

On successful completion of the training, case studies and written work, you'll receive your Sound Therapy Facilitator Diploma Certificate, enabling you to obtain professional public liability insurance.
Approved insurance is available through Wellbeing Insurance.
, eligible for professional public liability insurance.
Approved insurance through www.wellbeinginsurance.co.uk

VISION

Sound is one of our oldest medicines. Long before words, rhythm and vibration were used to connect, soothe and awaken. This training is born from that remembering — bringing together the ancient intelligence of sound with modern understanding of the body and nervous system.

The Sound Therapy Facilitator Diploma invites you to experience sound as a living practice: something we don't simply do to another person, but learn to work with through listening, presence and relationship.

Across five immersive days, you'll explore sacred drum, quartz crystal and Himalayan singing bowls, voice and gong, developing the practical skills and sensitivity to work with sound confidently, safely and intuitively.

Alongside technique, we explore what it means to truly hold space — working with trauma-informed awareness, intention, energy and the nervous system, while learning to trust your own perception and presence.

This is professional training, but it is also deeply experiential. You won't only learn how to facilitate sound for others; you'll experience the practices yourself and begin to understand them from within.



Ultimately, the work is about embodiment: becoming more attuned, more grounded and more able to meet what is present — in yourself, in another person and in the space between.

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 therapeutic power of vibration
Bowls — working with quartz crystal and Himalayan singing bowls for balance, resonance and regulation
Voice — exploring tone, mantra and intuitive voice within therapeutic sound
Gongs — working safely and confidently with power, resonance and space
Integration — bringing the instruments together to create coherent one-to-one and group sessions

ALONGSIDE THE PRACTICAL WORK, WE'LL EXPLORE:

- The science of sound, frequency, entrainment and the nervous system
- Trauma-informed and neurodivergent-inclusive facilitation
- Subtle anatomy — chakras, elements and the energetic body
- Nervous-system states and responses to sound
- Intention, presence, ethics and professional boundaries
- Energetic awareness, preparation and closing a space
- Facilitation language — working skilfully with voice, silence and guidance
- Session design, sequencing and transitions
- Supporting aftercare and integration
- Developing confidence, intuition and your own authentic way of working

THE FIVE IN-PERSON IMMERSIONS

THE HEART OF THIS TRAINING: PRACTICE, PRESENCE & PLAY

Sound therapy is a living art. It cannot be learned through theory alone. It is through experience, exploration and deep listening that we begin to understand the true potential of sound.

These five immersive days are designed to be deeply practical, giving you the time, space and encouragement to experiment, develop your skills and build confidence with each instrument.

There is room to play, to ask questions, to make mistakes and to discover what feels authentic to you. Each day combines hands-on experience with the essential knowledge needed for safe, thoughtful and effective facilitation.

Throughout the five days, you'll:

- Explore the origins, traditions and therapeutic applications of each instrument.
- Experience the physical, emotional and energetic qualities of sound.
- Develop practical techniques through demonstration, guided practice and experimentation.
- Discover how different instruments complement one another and how to combine them effectively.
- Refine your listening, sensitivity, touch and intuitive awareness.
- Practise creating and holding space for others, individually and in groups.
- Build the confidence to work with sound in your own authentic way.

Above all, this is a space for learning through doing. You'll leave with more than knowledge and techniques — you'll have experienced the work for yourself, developed meaningful practical skills and begun to find your own voice as a sound therapy facilitator.

PROGRAMME OVERVIEW

Monday 8th March 2027
The Sacred Drum: Rhythm, Grounding & Regulation
We begin with the heartbeat of sound. Explore the grounding qualities of rhythm, the therapeutic applications of the drum and its relationship with the nervous system. Through practical techniques, guided exploration and shared experience, you'll discover how rhythm can support presence, connection and regulation.

Tuesday 9th March
The Bowls: Resonance & Harmonics
Explore the distinctive qualities of Himalayan singing bowls and quartz crystal bowls. You'll develop playing techniques, explore resonance and vibration, and learn how to work with bowls in both individual and group settings. We'll also consider their traditional uses and energetic applications.

Wednesday 10th March
The Voice: Expression, Breath & Resonance
Discover the therapeutic potential of your own voice through toning, mantra, breath and intuitive expression. You'll explore how vocal sound can support connection, self-awareness and relaxation, while developing the confidence to incorporate voice into your sessions. No singing experience is needed.

Thursday 11th March
The Gong: Power, Presence & Integration
Explore the extraordinary range of the gong, from subtle vibrations to powerful, immersive sound. You'll learn playing techniques, safe use, sound dynamics and sequencing, alongside the importance of sensitivity, pacing and creating space for individual responses.

Friday 12th March
Integration: Facilitation & Professional Practice
Our final day brings everything together. You'll explore session structure, professional boundaries, client care and the practicalities of facilitating sound therapy. Through supported practice, peer sessions and reflection, you'll begin to develop your own approach to working with individuals and groups.

DAILY RHYTHM

A glimpse into a typical day of our in-person training.

9:30am — Arrival, Cacao & Opening Circle
We begin gently, sharing ceremonial cacao, setting intentions and connecting with the instrument we'll be exploring that day. A moment to arrive, settle and become present.

10:15am–12:30pm — Technique, Practice & Exploration
A hands-on morning of learning, experimenting and developing practical skills. Through demonstration, guided practice and personal exploration, you'll begin to discover the unique qualities of each instrument.

12:30pm–1:00pm — Nourishment & Rest
Enjoy a homemade vegan and gluten-free lunch, with time to connect, reflect and recharge.

1:00pm–2:00pm — Immersive Sound Bath
Experience a sound bath facilitated by your teacher, focusing on the day's instrument. Receiving sound is an important part of the learning process, helping you develop a deeper understanding of the experience you'll eventually offer others.

2:15pm–4:30pm — Practice, Integration & Reflection
The afternoon brings further hands-on practice alongside the theory that underpins each instrument. We'll explore its history, therapeutic applications, energetic qualities and relevant scientific understanding, with time for questions, discussion and individual guidance.

We close each day with space to reflect, integrate and deepen your connection with the practice.

ONLINE THEORY & INTEGRATION

Continued Learning & Support
Following our five-day immersion, we'll come together for a series of live online sessions to deepen your understanding, reflect on your experiences and support you as you develop your own sound therapy practice.
These sessions provide an opportunity to revisit key concepts, ask questions, share experiences and receive guidance as you work towards your diploma.

Together, we'll explore:

- Theory & understanding — developing your knowledge of sound, the nervous system, trauma-informed practice and professional facilitation.
- Case studies & practical application — guidance on planning, delivering and reflecting on your one-to-one sound therapy sessions.
- Mentoring & discussion — sharing experiences, exploring challenges and building confidence in your developing practice.
- Integration & reflection — bringing together your practical skills, personal experiences and theoretical understanding.

Session Details
Sessions will last approximately 60–90 minutes, with dates arranged once the training group is confirmed.

All sessions will be recorded, allowing you to revisit the material or catch up if you're unable to attend live.

Participation in the online learning forms part of the diploma requirements, with recordings available for those who cannot attend in person.

Learning Beyond the Classroom
The time between our sessions is an important part of the learning process. Through independent practice, case studies and reflection, you'll have the opportunity to consolidate your skills, develop your confidence and begin translating your training into meaningful work with others.

COMMITMENT & CERTIFICATION

The Sound Therapy Facilitator Diploma combines practical training, independent study and supervised assessment to ensure you develop the skills and confidence to facilitate sound therapy safely and professionally.
To achieve your diploma, you'll be required to:

- Attend all five in-person training days.
- Complete 12 one-to-one case-study sessions with four clients, each receiving three sessions, and submit your session notes within six months of the training.
- Facilitate a 20-minute peer-reviewed sound bath during the final training day.
- Submit a 2,000-word reflective essay exploring your learning and development.
- Maintain a daily practice working with your drum and any other instruments.
- Complete a reflection journal throughout the course.
- Attend the scheduled online theory and mentoring sessions, either live or through the recordings.

Your Qualification
On successful completion of all requirements, you'll receive your Sound Therapy Facilitator Diploma Certificate, enabling you to apply for professional insurance to practise as a sound therapy facilitator.
If you're unable to attend one of the in-person training days, opportunities to make up missed learning may be available with a future cohort, subject to availability.

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ABOUT ME



I'm a senior yoga teacher (500 hours), sound therapist, Reiki Master and breathwork facilitator, with a PGCE and over seven years' professional experience delivering classes, workshops and therapeutic sessions across a wide range of settings.

My work has taken me into rehabilitation centres, mental health charities, specialist schools, community spaces and corporate environments. I've led hundreds of sound baths and gong immersions, and for more than five years I've worked within a rehabilitation setting, witnessing the importance of creating safe, supportive spaces where people can rest, reconnect and feel genuinely held.

My approach brings together the scientific and the sacred. I'm deeply interested in the relationship between sound, the nervous system and our emotional wellbeing, while honouring the intuitive, energetic and spiritual dimensions of this work.

As an experienced educator, I'm passionate about making sound therapy accessible, grounded and meaningful. I believe that learning happens through experience, curiosity and practice — and that confidence grows when we're given the space to explore, ask questions and discover our own way of working.

This diploma brings together everything I've learned through years of practice, teaching and working with people from all walks of life. My intention is not simply to teach you how to play instruments, but to support you in becoming a thoughtful, confident and authentic sound therapy facilitator.

I'd love to welcome you to the training.

If you have any questions, please get in touch. I'm always happy to have a chat.

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WHAT YOU'LL NEED

You don't need a collection of expensive instruments to begin your sound therapy journey. All bowls, gongs and other specialist equipment will be provided during the training, giving you the freedom to explore before deciding what you'd like to invest in.

Frame Drum

The frame drum is the first instrument we'll explore and an important foundation of the training. You'll need access to your own frame drum for continued practice, and I recommend purchasing one before the course begins. A small number will be available to borrow during the training.
I recommend a drum of at least 14 inches, purchased from a reputable supplier. Guidance on choosing a suitable drum, including recommended suppliers, will be provided before the course.

Journal

Reflection is an important part of developing your practice. Your journal will become a space to record your experiences, observations, practical learning and personal development. You'll use it throughout the five in-person days, online sessions and case-study process.

Other Instruments

There's no need to purchase singing bowls, gongs or other instruments before the training. You'll have the opportunity to explore and practise with a range of instruments, helping you make informed choices about any future purchases.

Comfort & Practicalities

As much of our practical work takes place seated on the floor, you're welcome to bring anything that helps you feel comfortable, including:

- A cushion or blanket
- An eye mask or scarf for listening practices
- Comfortable clothing that allows you to move freely

Chairs will also be available if you prefer not to sit on the floor.



Sound therapy is not currently subject to statutory professional regulation in the UK, and there is no single government-recognised accrediting body for sound therapy training.

I've chosen to keep this diploma independent, rather than affiliate with a private accreditation organisation. This allows me to develop and deliver training that reflects my own professional experience, values and commitment to safe, ethical practice.

My priority is the quality and depth of the training itself: practical skills, trauma-informed awareness, meaningful case studies, continued mentoring and a thorough understanding of professional responsibilities.

On successful completion, you'll receive a Sound Therapy Facilitator Diploma Certificate and can apply for appropriate professional insurance.

For me, the value of this training lies in the knowledge, confidence and integrity you develop — not simply the accreditation logo on a certificate.

TERMS & CONDITIONS

Booking & Payment

- The full course fee is £1,399.
- An Early Bird price of £1,199 is available for bookings secured by 30 November 2026, saving £200.
- A £300 deposit secures your place and the applicable course price.
- Flexible instalment plans are available by arrangement, with the remaining balance payable before the training begins on 8 March 2027.
- The deposit forms part of the total course fee and is subject to the cancellation policy below.
- By booking, you agree to the payment and cancellation terms, subject to your statutory rights.

Cancellations & Refunds

All cancellations must be made in writing.

Your £300 deposit secures your place on the training. If you need to cancel, the following arrangements apply, subject to your statutory rights:

- More than 60 days before training: Any payments made beyond the deposit will be refunded. The deposit may be retained to cover reasonable losses arising from the cancellation.
- 30–60 days before training: A cancellation charge may apply, reflecting costs already committed and any loss resulting from your place being unfilled.
- Fewer than 30 days before training: Refunds will be assessed in accordance with the organiser's reasonable, unrecoverable losses.
- Once training has begun: Any refund for voluntary withdrawal will take account of training already delivered, costs incurred and applicable consumer rights.

Where a cancelled place can be filled by another participant, this will be taken into account when calculating any refund.

Transfers

If you're unable to attend, transferring to a future training may be possible, subject to availability and agreement. Transfers are not guaranteed and must be used within 12 months.

Cancellation or Postponement by the Organiser

The training requires a minimum of four participants to proceed.

If the course is cancelled by the organiser, you will receive a full refund of all course fees paid or may choose to transfer to a future training.

If the course is postponed and the alternative dates are unsuitable, you may request a full refund.

The organiser is not responsible for additional expenses such as travel or accommodation, except where required by law.

Responsibility & Wellbeing

This training is intended for personal and professional development and is not a substitute for medical, psychological or psychiatric care.

Participants are encouraged to communicate any relevant access or support needs and participate within their own comfort and capacity.

Professional Development & Tax

This training may contribute towards your continuing professional development (CPD), depending on your professional requirements.

If you're self-employed, course fees may qualify as a business expense depending on your circumstances. Please consult your accountant for individual advice.

Statutory Rights

For eligible distance bookings, you may have a statutory 14-day cancellation period from the date the booking contract is made. Details of your cancellation rights will be provided when booking.

Nothing in these terms affects your statutory consumer rights.