

Sound for Therapeutic use

For practitioners of movement, yoga, holistic massage and other wellbeing practices



with Sound Healing Practitioner & Movement Facilitator **Charlotte Boyd of Firm Feet®**

Thursday 4th August 7-9.30pm BST **ZOOM**
Thursday 11th August 7-9.30pm BST **ZOOM**
Thursday 18th August 7-9.30pm BST **ZOOM**

CPD certified - Oak & Willow Yoga training School

7.5 hours online class time + 4.5 hours self-directed learning

This course is for continued practitioner development, you will learn about the power of sound and how to use it as a tool within your practice.

*You will **not** be a qualified Sound Healing Practitioner*

You will need:

Your ears and presence. This course is part-interactive and part-study. You can use a notepad and pen if you wish. You will receive a workbook with study material. This course is suitable for anyone wanting to explore therapeutic sound with bowls, bells, drums, drones etc, however, you don't need many tools or instruments, your voice can be enough, for this course.

Homework

- Deep listening practice + Sound Healing Audio with observations write up
- Planning a short sound session (integrated into your wellbeing practice)
- Essay on your experience with sound (CPD certificate issued once HW received)

Firm Feet® 2022

Part 1 What is Sound Healing? 2.5 hours online

- The physics and benefits of sound healing
- What is sound healing?
- Trauma awareness & Contraindications
- Different uses of sound
- Using sound with different theories Elements/Chakras/Ayurveda/Physics
- What is sound?
- Receiving Sound

Part 2 Music as Medicine 2.5 hours online

- Medicine for the Body, heart, soul and mind.
- Rhythm, Melody, Harmony, Silence
- Affirmations. Silence. Intention
- Intervals
- How to deliver sound
- Ways to enhance sound healing
- Planning a sound session

Part 3 Sound Practice 2.5 hours online

- Accreditations
- Different types of professional sound healing courses to study
- Practical in pairs - delivering sound
- Summary + feedback
- Conclusions - questions - findings