



OFFLINE SOUND HEALING TTC · RISHIKESH

Sound Healing TTC

LEVEL 1.

LEVEL 2

LEVEL 3

LEVEL 4

A transformative in-person residency from beginner to professional. Immerse yourself in the harmonious world of sound healing at our Rishikesh centre. Monthly batches, starting 24th of each month. Internationally certified. Globally recognised.

ABOUT OM YOGA INTERNATIONAL

Om Yoga International (OYI).

OmYoga International (OYI) is a premier yoga and wellness institution based in the spiritual heartland of Rishikesh. Recognized by Yoga Alliance and the International Yoga Organization, OYI offers world-class training programs that blend ancient wisdom with modern therapeutic science.

①

Global Recognition

Internationally accredited certifications accepted worldwide by wellness professionals.

②

Expert Faculty

Courses delivered by experienced trainers including Diksha Gulati and Sh. Radhika Sharan.

③

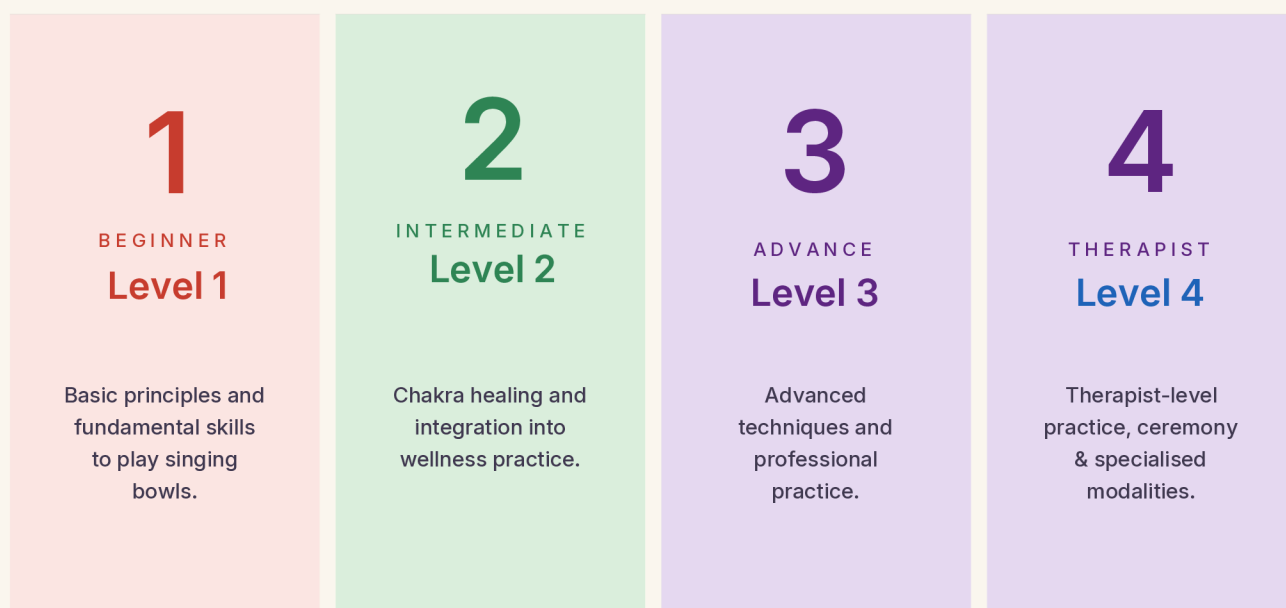
Holistic Approach

Integrating sound healing, yoga, breathwork, and energy medicine for complete wellness.

OFFLINE SOUND HEALING TTC: OVERVIEW

Four progressive **levels**.

The Offline Sound Healing TTC is divided into four progressive levels - from beginner to therapist -providing a comprehensive understanding of the history, techniques, and therapeutic benefits of singing bowls, gongs, and harmonic instruments.



COURSE HIGHLIGHTS & DETAILS

Logistics, fee & **what you get.**

① COURSE LOGISTICS

Course Logistics

Format	In-Person Residency Tapovan,
Location	Rishikesh
Total Duration	12 Days / Monthly
Schedule	24 th to 05 th of each month
Daily Hours	07:00 AM to 08:30 PM
Meals	3 sattvic meals included
Language	English
Pre-requisites	None for Level 1

② UPCOMING BATCHES

Upcoming Batches

August 2026	24th Aug. - 04 th Sep 2026
October 2026	24th Oct. - 04 th Nov. 2026
December 2026	24th Dec. - 04 th Jan. 2027
February 2027	24th Feb. - 07 th March 2027
April 2027	24th April - 05 th May. 2027

③ INVESTMENT - ALL 4 LEVELS & STAY INCLUDED

ACCOMMODATION	INR	USD	EURO
Private Room	₹ 65,000	\$ 699	EUR 609
Twin Sharing	₹ 55,000	\$ 599	EUR 519
Triple Sharing	₹ 49,000	\$ 539	EUR 469
Without Accommodation & Food	₹ 35,000	\$ 399	EUR 329

All tiers include the full 4-level certification, course manuals, sound guides, three meals daily (where applicable), and 12 nights of training.

DAILY SCHEDULE

Your typical **day.**

An immersive day blending yoga, sound healing theory, practical training, and reflective self-practice. Three nourishing meals included.

07:00 – 08:00 AM	Yoga Session	MOVEMENT
08:00 - 09:00 AM	7 Chakras Yoga Class	ENERGY
09:00 - 10:00 AM	Breakfast	MEAL
10:30 - 12:30 PM	Sound Healing Theory and Anatomy	THEORY
01:00 - 02:00 PM	Lunch	MEAL
03:00 - 05:00 PM	Sound Healing Practical	PRACTICE
05:30 - 06:00 PM	Tea / Coffee / Chai	BREAK
06:15 - 07:15 PM	Self-Practice	REFLECTION
07:30 - 08:30 PM	Dinner	MEAL

All three meals are included with accommodation. Hours may shift slightly during ceremonies, full-moon sessions, and student presentations.

COURSE FOCUS AREAS

Knowledge & skills to **guide others.**

This Offline Sound Healing Teacher Training Course equips you with the knowledge and skills to guide others in sound healing practices —whether integrating it into existing wellness work or starting from scratch.

01

Sound Healing Foundations

History, science, and principles behind sound as a healing modality. Instruments: singing bowls, tuning forks, gongs, drums, and voice.

02

Energy Systems

Understanding chakras, meridians, and the aura in relation to sound. Sound baths, guided journeys, and one-on-one sessions.

03

Integration & Practice

Combining sound healing with breathwork, meditation, and yoga. Setting up and leading workshops professionally.

04

Building Your Practice

Marketing, professionalism, self-care, intuition development, and ethical boundaries for sound healing practitioners.

05 / LEVEL 1

BEGINNER

NO PREREQUISITES

Level 1. Introduction to **Sound Healing.**

Level 1 introduces the basic principles and fundamental skills needed to play singing bowls. Designed for beginners, it helps you understand the therapeutic power of sound and vibrations while learning to incorporate singing bowls into meditation and self-healing practice.

TOPIC A

Introduction to Singing Bowls

History, types (Tibetan, Crystal), spiritual significance, and healing properties of bowls.

TOPIC C

Sound Meditation & Self-Care

Using bowls in meditation, guided relaxation, breathing synchronization, and grounding techniques.

TOPIC B

Basic Playing Techniques

Striking, rim rubbing, generating different tones, and using multiple bowls together.

TOPIC D

Intro to Chakra Balancing

Overview of the seven energy centers and how sound frequencies can help balance them.

LEVEL 1: MODULE BREAKDOWN

Four modules of **foundation**.

MODULE 1

Introduction

- Overview & Physics of Sound Healing
- Introduction to Sound & Frequency
- Types & Benefits of Tibetan Singing Bowls
- How to Select & Use Various Bowls
-

MODULE 3

Practical

- Self-Healing / Relaxation
- Aura Cleaning / Sealing
- Half Moon & Full Moon Therapy
- Sound Bath Session & Sound Pyramid

MODULE 2

Chakra Healing

- Introduction to Aura & Chakras
- Concept of Kundalini & 3 Stages of Chakras
- 7 Chakra Beej Mantras
-

MODULE 4

Chakra Sound Healing

- Identify & Clear Blocked Chakras
- Root, Sacral, Solar Plexus Healing
- Heart, Throat, Third Eye, Crown Healing
- How to Give Sound Healing Sessions

Upon completing Level 1, you'll **confidently play singing bowls**, use them for meditation and relaxation, and start applying sound healing in personal or group sessions.

INTERMEDIATE

PREREQUISITE: LEVEL 1

Level 2. Intermediate Sound Healing & **Chakra Balancing.**

Level 2 builds on foundational skills and dives deeper into the therapeutic use of singing bowls for chakra healing, emotional release, and physical healing. Ideal for those who want to explore sound healing for others—personally or professionally.

TOPIC A

Advanced Playing Techniques

Complex sounds, harmonics, multiple bowls, and sound patterns for targeted healing.

TOPIC C

Emotional & Physical Healing

Releasing trauma, stress, and physical blockages; integrating with Reiki and breathwork.

TOPIC B

Chakra Healing

Sound frequencies for each chakra, clearing blockages, and restoring energetic flow.

TOPIC D

Conducting Sessions

One-on-one and group sound healing; intuitive bowl placement; energy reading.

LEVEL 2: MODULE BREAKDOWN

Four modules of **integration**.

MODULE 1

Theory — Instruments

- Full Moon & Meridian Singing Bowls
- Frame, Shamanic, Ocean & Hapi Drum
- Wind Chimes, Balinese Bell & Dorge
- Tingsha Bells, Rain Sticks, Zen & Koshi Chimes

MODULE 3

Practical — Therapy

- Therapy Bowl & Crystal Quartz
- Frame & Shamanic Drum
- Ocean & Hapi Drum
- Wind Chimes, Tingsha, Zen & Koshi Chimes

MODULE 2

Theory — Therapy

- Therapy Tibetan Singing Bowls
- Throat Singing & Mantra Chanting
- Chakra Balancing & Drinking Bowl Water
- Tibetan & Universal Vedic Therapy

MODULE 4

Practical — Other Therapies

- Throat Singing & Sound Bath
- Facilitating Gong Bath
- Water Charging & Affirmation Therapy
- Relationship Therapy & Space Cleansing

Upon completing Level 2, you'll **conduct professional sound healing sessions**, balance chakras, and integrate sound therapy into your wellness practice.

07 / LEVEL 3

ADVANCED

PREREQUISITE: LEVEL 1 & 2

Level 3. Advanced Mastery & **Professional Practice.**

Level 3 is for those who have completed Levels 1 and 2 and wish to refine their skills for professional and advanced healing. This course focuses on mastering sound therapy, trauma healing, deep spiritual work, and building a professional sound healing practice.

TOPIC A

Advanced Sound Techniques

Layering sounds, combining instruments (gongs, tuning forks, chimes), harmonics, and overtones.

TOPIC C

Spiritual Sound Journeys

Guiding clients through altered states, sacred ceremonies, and spiritual awakening with sound.

TOPIC B

Trauma & Deep Healing

Sound therapy for PTSD, cellular healing, and breaking deeply held emotional patterns.

TOPIC D

Professional Practice

Business setup, client interaction, ethics, marketing, and managing a sound healing business.

LEVEL 3: MODULE BREAKDOWN

Four modules of **mastery**.

MODULE 1

Theory

- Tuning Forks & Gongs
- Breathwork (Pranayama)
- Sanskrit Beej Mantras for Chakras
- Brainwave Detox & Space Cleaning

MODULE 3

Physiological & Psychological

Therapy for Joints, Stomach, Chest,
Hips, Back

Sciatica, Shoulders, Spine, Calf & Feet

Stress, Depression, Anxiety & Insomnia

Digestive, Urinary & Reproductive
System Therapy

MODULE 2

Practical — Sound Therapy

- Tuning Forks for Healing
- Gong for Sound Therapy
- Singing Bowl Therapy & Pranayama
Integration
- Mind Detox / Brainwave Technique

MODULE 4

Teaching Methodology

- Art of Teaching & Room Preparation
- Client Assessment & Listening
- Relaxing Clients & Managing
Expectations
- End of Treatment & Client Response

Upon completing Level 3, you'll be a **certified sound healer** capable of guiding profound sessions, building a professional practice, and integrating sound with other modalities.

08 / LEVEL 4

THERAPIST

PREREQUISITE: LEVEL 1, 2 & 3

Level 4. Therapist Practice & **Ceremony Work.**

Level 4 is the final stage of the offline programme, designed for those who wish to practise sound healing as a primary therapeutic modality. This level deepens client work, layers sound with ceremony, and trains you to design and hold full therapist sessions, from intake to integration.

TOPIC A

Full-Length Therapist Sessions

Structuring 60 to 90 minute one-to-one sessions, intake, assessment, sequencing, integration.

TOPIC C

Specialised Modalities

Sound for grief, women's health, end-of-life care, and sound with breathwork or yoga nidra.

TOPIC B

Sound Ceremony & Group Holding

Designing and leading sound ceremonies, full-moon sessions, and large group sound baths.

TOPIC D

Building a Practice

Setting up your own studio, ethics & safety, pricing, retreats, and ongoing supervision.

LEVEL 4: MODULE BREAKDOWN

Four modules of **therapist practice.**

MODULE 1

Therapist Sessions

- Client intake & consent
- Session sequencing & arc
- Working with body positioning
- Closing & integration practices

MODULE 3

Specialised Applications

- Sound for grief & loss
- Women's cycles & postnatal sound
- End-of-life & palliative care
- Sound with breathwork & yoga nidra

MODULE 2

Ceremony & Group Holding

- Sound ceremony design
- Full-moon & seasonal sessions
- Group sound bath choreography
- Voice, mantra & live music layering

MODULE 4

Practice Building

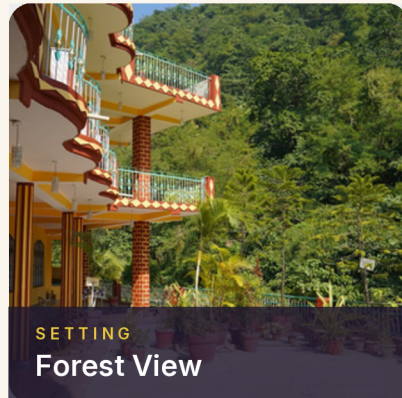
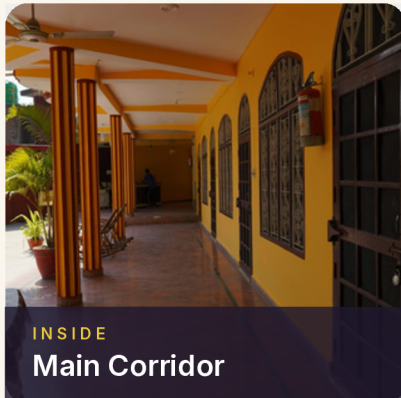
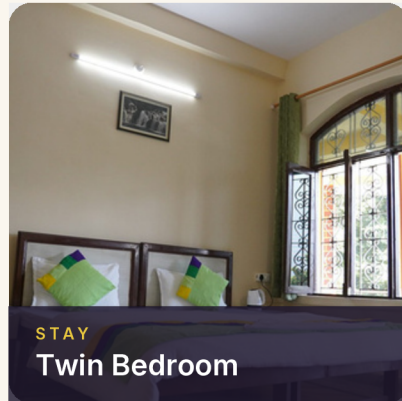
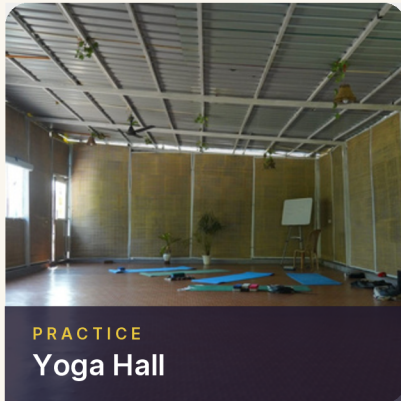
- Studio set-up & equipment care
- Ethics, safety & contraindications
- Pricing, retreats & private bookings
- Supervision & continuing study

Upon completing Level 4, you graduate as a **full Sound Healing Therapist**, qualified to design private sessions, lead ceremonies, and build a professional practice in your own studio or as part of a wellness centre.

INSIDE OUR RISHIKESH CENTRE

A glimpse of **your stay**.

From the practice hall to the rooms and the corridors-a sense of where you will live,
learn and rest for your 12 days of immersion.



WHO IS EACH LEVEL IDEAL FOR?

Find your **starting point.**

LEVEL 1

Beginners

Anyone curious about sound healing and meditation using singing bowls. No prior experience needed. Perfect for yoga practitioners and wellness enthusiasts.

LEVEL 2

Practitioners

Those with basic singing bowl knowledge who wish to deepen chakra healing, emotional release, and professional application. Ideal for yoga teachers and holistic healers.

LEVEL 3

Advanced Healers

Experienced sound healers and wellness professionals who want to specialize in trauma healing, spiritual work, and building a professional sound healing business.

LEVEL 4

Therapists

Practitioners ready to hold full therapist sessions, lead ceremonies, and work with grief, women's health, and integration. The final professional step.

LEVEL-BY-LEVEL COMPARISON

The four levels, **side by side.**

FEATURE	Level 1	Level 2	Level 3	Level 4
TARGET AUDIENCE	Beginners	Inter mediate	Advanced	Therapist
FOCUS	Basics & Meditation	Chakra & Emotional Healing	Mastery & Professional	Therapist Practice & Ceremony
INSTRUMENTS	Tibetan Singing Bowls	Multiple Instruments	Gongs, Tuning Forks & More	Layered Sound & Voice
SESSIONS	Self-Healing	1-on-1 & Group	Ceremonies & Jour neys	Full Therapist Sessions
CERTIFICATION	✓ Included	✓ Included	✓ Sound Healer	✓ Sound Healing Therapist
PREREQUISITES	None	Level 1	Level 1 & 2	Level 1, 2 & 3

ADDITIONAL COURSE FEATURES

Everything you need to **learn deeply.**

01

Certification

Receive an internationally recognized certificate upon completion, allowing you to use your skills professionally worldwide.

02

Hands-On Practice

Each level includes practical exercises, guided meditations, and live sessions with clients (Levels 2 & 3).

03

Support Materials

Access to training manuals, sound guides, video tutorials, and alumni community for continued learning.

04

Stay & Meals Included

12 nights of accommodation in your selected tier with three sattvic meals daily, so you can focus entirely on the practice.

COURSE OUTCOMES: YOUR TRANSFORMATION

Explore. Heal. Lead. **Therapist.**

i

Explore

Discover the foundations of sound healing, the science of vibration, and the meditative power of singing bowls.

ii

Heal

Apply sound therapy for chakra balancing, emotional release, and personal transformation.

iii

Lead

Guide clients through deep healing sessions and build a professional sound healing practice.

iv

Therapist

Hold full therapist sessions and ceremonies, with specialised modalities for grief, women's health, and integration.

Each level builds upon the last, providing a comprehensive and holistic approach to sound healing. Whether exploring sound therapy for personal growth or building a professional practice, these courses offer invaluable skills for deepening your understanding of sound and vibration as healing tools.

CERTIFICATE OF COMPLETION

What you'll receive upon **completing** your course.



Internationally recognized. Globally accepted by wellness professionals. Accredited by Yoga Alliance & IYO.
Valid for lifetime use.

OTHER COURSES AT OM YOGA INTERNATIONAL

Beyond Sound Healing.

Beyond Sound Healing, OYI offers a wider range of internationally certified yoga and wellness programs to support your complete journey in holistic health.

YOGA THERAPY CLASSES

Yoga Therapy Classes

- Digestive Disorders & Weight Loss
- Neck & Back Pain
- Stress & Anxiety
- Hypertension & Arthritis
- Diabetes & Thyroid Management

YCB YOGA COURSES

YCB Yoga Courses

- YCB Level-1 through Level-6
- Government-recognized certification
- Structured progressive curriculum

RYT YOGA COURSES

RYT Yoga Courses

- 200hrs, 300hrs & 500hrs YTTC
- 85hrs RPYT
- Face Yoga YTTC
- Sound Healing TTC

WHY CHOOSE OM YOGA INTERNATIONAL?

Why Om Yoga International.

01

International Accreditation

YogaAlliance (YA)&IYO recognized certifications accepted globally.

02

In-Person Immersion

In-person training at our Rishikesh centre. Direct guidance from masters.

03

Expert Trainers

Learn from seasoned practitioners with decades of experience in Rishikesh.

04

Holistic Curriculum

Comprehensive 4-level path covering theory, practice, and professional development.

READY TO BEGIN

Reach out, **any way you like.**

Your batch dates, fees, daily schedule, and accommodation options are detailed earlier in this brochure. To reserve a seat or ask a question, contact us through the channels below.

CALL / WHATSAPP

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