



# South African Centre for Sound Therapy

## Advanced Integrative Sound Therapy

Sound prescriptions for health, learning, productivity and brain functioning

Brochure n° 18/01

# FOUNDATION COURSE IN SOUND THERAPY AND SOUND MEDITATION

## (Symphonic Journey to Personal Empowerment)

*A Three-level Course on the Healing & Transformational Power of Sound  
for Self-Development and Personal Practice*

**Starting 29 September 2018 (ENROLLING NOW)**

- No Previous Knowledge of Music or Voice Work is Required -



### Sound: a Vital Nutrient for the Nervous System

Different life experiences and emotions related to fear, compromise the flow of your energy or life force and can prevent you from achieving your goals and dreams. This in turn can suppress your immune system and contribute to different illnesses, including physical, mental and emotional.

**Sound Therapy and Sound Meditation offer empowering tools to help you discover, explore and re-balance areas in your life where energy blockages are prevalent.**

The course comes with a gentle warning :

**IT WILL CHANGE YOUR LIFE FOR THE BETTER!!**

If you are in the business of changing your own life or helping others to change their lives, then **this course is for you**. It consists of 3 levels and covers various aspects of **the healing power of sound** and how it can **facilitate meditation** practice.

It is a stand-alone course but also acts as pre-requisite for the professional diploma in Sound Therapy for those who wish to follow it as a career. **Payment can be done per level**. If a specific level is not completed during the year of the course it can be completed the following year.

**BOOK NOW: 071 682 2548**



**BOOK NOW: [wilna@soundtherapy.co.za](mailto:wilna@soundtherapy.co.za)**

**(A Symphonic Journey to Personal Empowerment)**





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## What to expect from the course:

The course uses a **self-exploratory approach** during which students engage in **constructive yet enjoyable** individual and group exercises aimed at instilling knowledge on the principles of sound therapy and sound meditation. **Guidance through integrated silence, sound, rhythm, breathing, visualization and deep self-enquiry is at the heart of the course.** This will ensure a good foundation to help you **establish a fulfilling personal healing practice.** You will learn how to use specific sound frequencies produced by Himalayan and Quartz Crystal singing bowls, drums and voice for deep relaxation and release of energy blockages.

## What can you gain from this course:

- **Awakening & exploring your true self using sound**
- **Self-empowering tools to ease tension & increase energy**
- **Integration of the physical, mental, emotional and spiritual dimensions of being and living a whole, fulfilled life**
- **Confidently develop a personal sound meditation practice**



*This Foundation Course serves as a stand-alone course for self-development. However for students who wish to qualify*

*There is no organ system in the body that is not affected by sound, music and vibration. You can look at disease as a form of disharmony*

*- Dr. Mitchell Gaynor, oncologist*

## Who is the course for ?

This hands-on experiential course is ideal for:

- anyone who wishes to complement & enrich their personal life journey & meditation practice
- therapists who wish to introduce the healing power of sound to their existing modality
- aspiring sound therapy practitioners
- practitioners and teachers of yoga and other movement practices
- teachers and health professionals who are considering introducing healing sound in school and hospital settings for the benefit of their students, patients and staff

*as professional Sound Therapy practitioners this Foundation Course counts as a pre-requisite to the 18-month Diploma courses.*

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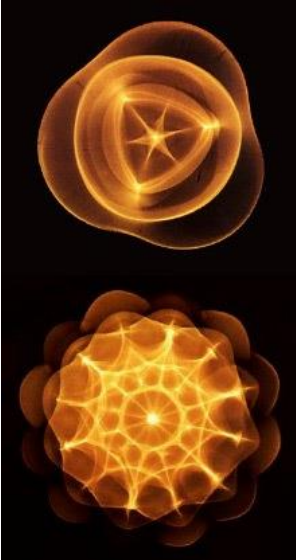




# FOUNDATION COURSE IN SOUND THERAPY AND SOUND MEDITATION



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## The course covers the following subject areas:

- Historical & contemporary use of sound for healing and self-transformation
- Sounds of the chakras, including transpersonal chakras
- Working with Himalayan & Quartz Crystal singing bowls
- Vocal toning and overtone, and mantra therapy
- Drumming meditative rhythms
- Breathing and visualization techniques for sound meditation
- Sound, Space and Sacred Geometry
- Creating a personal practice of sound meditation
- **level 1:** The creative power of expression through voice and empathetic listening (including the sounds of the chakras, healing mantras, mudras and Tibetan singing bowls)
- **level 2:** The deep healing effect of the voice, singing bowls and shamanic drum (also including Tibetan singing bowls, Quartz crystal singing bowls and overtone chant)
- **level 3:** The meditative effect of that which lies underneath the sound (including sacred geometry, sound & movement, and the transpersonal chakras)
- **Extra module:** final assessment and reflective essay

**CALL THE CENTRE NOW ON 071 682 2548  
OR EMAIL WILNA@SOUNDTHERAPY.CO.ZA  
TO BOOK YOUR PLACE**

## The course includes one free Sound Therapy treatment with Dr. Wilna:

The treatment includes stress diagnosis and a supportive sound- and music- therapy program to help you deal with different issues such as emotional imbalances, physical and emotional pain, learning problems, family stress, creative block, feelings of "being stuck" in life etc.

*This Foundation Course serves as a stand-alone course for self-development. However for students who wish to qualify*

## Securing your place on the course:

Three levels, 10 modules, one Saturday a month  
(starting 29 September 2018)

- Non-refundable registration fee: R 600.00
- **Plus**
- R4,250.00 per level

Once a level is completed, the remaining level/s can be completed within the following 24 months.

Course fee includes: one free Sound Therapy treatment with Dr. Wilna Dirkse van Schalkwyk, course materials and access to the Centre's singing bowls & drums for use at course modules.

*as professional Sound Therapy practitioners this Foundation Course counts as a pre-requisite to the 18-month Diploma courses.*

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## THE SOUTH AFRICAN CENTRE FOR SOUND THERAPY

*Located in Meerhof, at the peaceful scenic Hartbeespoort Dam  
Just 45min from Pta and Jhb*

The South African Centre for Sound Therapy was founded by Dr Wilna Dirkse van Schalkwyk and is the first establishment in South Africa to offer a professional training course in sound therapy.

The healing nature of sound is something which we are passionate about, and we are very pleased that healing sounds are finally, and deservedly, receiving widespread attention at numerous places around the world, such as the USA, UK, Australia, France, and now South Africa.

The Centre offers:

- Private Sound Therapy consultations and treatments for people of all ages
- Meditation classes
- Monthly Sound Meditation Group
- Group healing sessions
- Sound healing workshops and seminars
- Foundation Course in Sound Therapy and Sound Meditation
- Professional Diploma in Sound Therapy (areas of specialization are singing bowls, drums & voice)
- 12-Session Chakra Journey Private Mentoring Programme

**For more information or for registration on one of our courses, please contact the Centre:**

South African Centre for Sound Therapy  
(at Hartbeespoort Dam) (South Africa)

Tel: 071 682 2548

E-mail: [wilna@soundtherapy.co.za](mailto:wilna@soundtherapy.co.za)



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<http://www.soundtherapy.co.za>

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