



# South African Centre for Sound Therapy

## Advanced Integrative Sound Therapy

Sonic prescriptions for health, learning, productivity and brain functioning

Brochure n° 12/01

# FOUNDATION YEAR IN SOUND THERAPY AND SONIC MEDITATION (Symphonic Journey to Personal Empowerment)

*A 12-month Course on the Healing & Transformative Power of Sound  
for Self-Development and Personal Practice*

*Starting 29 September 2012 (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 often compromise the flow of our energy or life force and prevent us from achieving our goals and dreams. This in turn can suppress our immune system and contribute to different illnesses, including physical, mental and emotional.

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

### 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 sonic 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.

**BOOK NOW: 071 682 2548**

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

(A Symphonic Journey to Personal Empowerment)

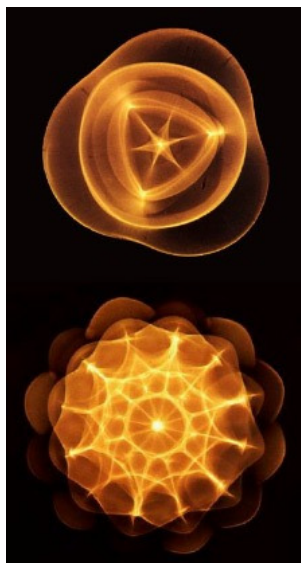




# FOUNDATION YEAR IN SOUND THERAPY AND SONIC MEDITATION



22.2 HZ



*Bringing matter to life  
with sound*

## The course covers the following subject areas:

- Historical & contemporary use of sound for healing and self-transformation
- Sounds of the chakras
- Working with Himalayan & Quartz Crystal singing bowls
- Vocal toning and overtoneing
- Drumming meditative rhythms
- Breathing and visualization techniques for sonic meditation
- Sound, Space and Sacred Geometry
- Creating a personal practice of sonic meditation

## What can I gain from this course:

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

**CALL THE CENTRE NOW ON 071 682 2548  
OR EMAIL [WILNA@SOUNDTHERAPY.CO.ZA](mailto:WILNA@SOUNDTHERAPY.CO.ZA)  
TO BOOK YOUR PLACE**

### Who is it for ?

This hands-on experiential course is ideal for:

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

### Securing your place on the course:

- 12 modules, one Saturday a month  
(starting 29 September 2012)
- Non-refundable deposit due on booking: R2,250
- +
- Remaining payment before 1 September 2012: R5,250
- Or
- Remaining payment over 6 months: 6 x R1,100
- Or
- Remaining payment over 9 months: 9 x R790

Course fee includes: course materials, access to the Centre's singing bowls & drums for use at course modules, & 10% discount on all seminars and workshops run by the Centre during the year of registration of the student.

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

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

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





## FOUNDATION YEAR IN SOUND THERAPY AND SONIC MEDITATION



### THE SOUTH AFRICAN CENTRE FOR SOUND THERAPY

*Located in Meerhof, at the peaceful scenic Hartbeespoort Dam*

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
- Monthly Sonic Meditation Group
- Group healing sessions
- Sound healing workshops and seminars
- Foundation Course in Sound Therapy and Sonic Meditation
- Professional Diploma in Sound Therapy (areas of specialization are singing bowls, drums & voice)
- 12-Session Chakra Journey Private Mentoring Programme
- An extensive range of Quartz Crystal singing bowls, Tibetan singing bowls and sound healing and relaxation CDs

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

South African Centre for Sound Therapy cc  
PO Box 1198, Ifafi 0260  
(at Hartbeespoort Dam)  
(South Africa)

Tel: 071 682 2548  
E-mail: [wilna@soundtherapy.co.za](mailto:wilna@soundtherapy.co.za)

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

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