



South African Centre for Sound Therapy

Advanced Integrative Sound Therapy

Revolutionary sonic prescriptions for health, learning and productivity

Brochure n° 10/02

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 11 September 2010 (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 as well as group exercises aimed at instilling knowledge on the principles of sound therapy and sonic meditation. **Guidance through integrated silence, sound, rhythm, breathing, visualisation 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 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

1

BOOK NOW: wilna@soundtherapy.co.za

(A Symphonic Journey to Personal Empowerment)

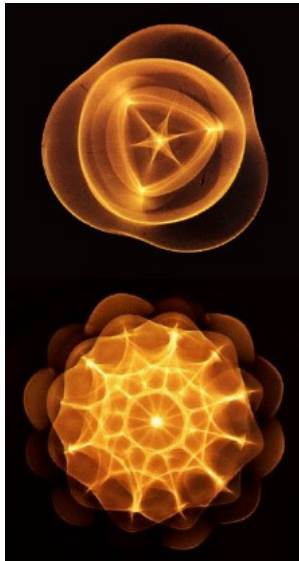




FOUNDATION YEAR IN SOUND THERAPY AND SONIC MEDITATION



22.2 HZ



*Bringing matter to life
with sound*

The course covers the following subject areas:

- Historical & contemporary uses 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 visualisation 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 physical and emotional 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 AT 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 and rhythm 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 10.00-16.00
(course starts 11 September 2010)
- **Course fee:** R5,950.00
 - Deposit due on booking: R1,950.00
 - Remaining amount paid as follows:
 - R4,000.00 due by 11 August 2010
 - OR**
 - R1,200.00 due by 11 August 2010; R1,200.00 due by 11 September 2010; R1,200.00 due by 11 October 2010; R1,200.00 due by 11 November 2010

Course fee includes: course materials, access to the Centre's singing bowls & drums for use at course modules, and 50% discount on all seminars, workshops and individual treatments presented by the Centre during the year of registration of the student.

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

2

as professional sound therapy practitioners this Foundation Year 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 only 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 and Rhythm Therapy consultations and treatments
- Certified provision of The Listening Program® from Advanced Brain Technologies
- Group healing sessions
- Sound healing workshops and seminars
- Foundation Year in Sound Therapy and Sonic Meditation
- Professional Diploma in Integrative Sound Therapy (specializing in either singing bowls, voice or hand-held drums)
- 12-Session Chakra Journey Private Mentoring Programme
- Distributor of 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
Meerhof
(at Hartbeespoort Dam)
(South Africa)

Tel: 071 682 2548
E-mail: wilna@soundtherapy.co.za

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

3

(A Symphonic Journey to Personal Empowerment)

