

# 50HR SOUND HEALING TEACHER TRAINING FACT SHEET

The Vikasa Academy hosts 2 x 50hr Sound Healing Teacher Trainings each year at our flagship Vikasa Yoga Retreat in Koh Samui.

TRIPADVISOR  
376 5-star reviews

GOOGLE  
172 5-star reviews

*“Life changing, healing, transformative and empowering. The teachers, the daily healing sessions, the wide variety of instruments were all a highlight.”*

## 50HR SOUND HEALING SNAPSHOT

### Class Size:

10-15 people

### Yoga Style:

Sound Healing training includes therapeutic symphonic gongs, tibetan singing bowls, crystal singing bowls, handpan, koshi, shamanic drums, water & wind instruments, cymbals & bells.

### Training Length:

4 nights / 5 days

### Accommodation:

- Private rooms with shared bathrooms
- Private en suite rooms

### Food:

Twice-daily abundant healthy buffet meals & afternoon snacks for 5 days

Plant-based (seafood options 2-3 times a week)

Daily light snacks & drinks

World-class Vikasa Life café-restaurant & award-winning vegan chef

### Skill Level:

Open to anyone. No prior experience is required.

### Teacher to Student Ratio:

Svetlana will teach this Sound Healing training independently. The small group size ensures personalized support and attention throughout the 5 day journey.

### Certification:

You will be certified by Vikasa Yoga and Shantika Sound Sanctuary. These certifications are approved by Golden Temple Tibetan Centre of Sound Therapy, and ISTA international sound therapy association. Please note this training does not count for Yoga Alliance continuing education hours, simply because there is yet to be any governing certification body for Sound Healing.

### Starting Price:

\$1,340

## WHO IS THIS FOR?

The Vikasa 50hr Sound Healing Training is a very special opportunity to immerse yourself in the science and spirit of Sound. For yoga teachers and wellness practitioners this is a wonderful chance to up-level your skills and become a certified Sound Healer, enabling you to lead and facilitate both private and group sound healing sessions. For eager practitioners, this nurturing immersion is an invitation to unwind, surrender and enjoy 5 days exploring numerous traditional and modern sound healing instruments and techniques.

Daily guided sound journeys are an integral part of this training, allowing you to experience profound healing and balancing qualities and benefits of this modality. Plenty of time is also dedicated to learning and practicing in partners and small groups. You will leave not only feeling deeply held, nourished and enlivened, but with the skills and knowledge base to facilitate your own sound healing sessions.



**“Top 10 Yoga Retreats in the World”**

- Yoga Journal

**“Thailand’s Premiere Yoga & Wellness Destination”**

- The Guardian

## YOUR INCLUSIONS

- 4 nights / 5 days private accommodation
- Twice-daily abundant buffet meals (brunch and dinner) Plant-based with seafood options 2-3 times per week. Plus daily light snack. Enjoyed in the world-renowned Vikasa Life Café with meals designed by our award-winning vegan chef.
- Highly experienced and qualified Sound Healing facilitator
- Training manuals and materials to support you on site and beyond your time at Vikasa
- Unique training modules designed to support your personal and professional development and evolution
- Graduation Ceremony in the beautiful sala
- Learn the art of Sound Healing so you can offer immersive and beneficial sound healing sessions for individuals and groups
- Learn a wide range of instruments including therapeutic symphonic gongs, Tibetan singing bowls, crystal singing bowls, handpan, koshi, shamanic drums, water and wind instruments, cymbals and bells.
- Enjoy daily guided sound healing immersions that will support you with healing, regulation, balance and connection
- Enjoy learning in a small group environment where you can practice teach with support and confidence
- Afternoon restorative classes for you to relax and unwind
- Additional evening events including gong bath, kirtan, ecstatic dance
- Photographer and videographer on site to provide high-resolution images plus opportunities for private personalized photo shoots
- Be immersed within a yoga retreat space where every element has been curated for your wellness journey and personal evolution
- The largest clifftop, ocean-view yoga sala in Thailand
- High-quality Vikasa-branded mats, props and materials
- Access to all Vikasa amenities included infinity pool, private secret beach, Vikasa Life Café and four yoga salas
- Filtered water, tea and coffee, additional healthy afternoon snacks, plus full à la carte cafe menu to order from anytime
- Unlimited access to all Vikasa public yoga classes during your training program if you wish for additional classes on days off
- Activities including waterfall meditation hike and optional adventures around the island
- Full hotel team on site for housekeeping and maintenance plus reception team to easily organize transportation, laundry and anything else needed
- 24-hour security on site
- Full spa on site for optional spa, massage and holistic healing treatments
- Airport pick up from Koh Samui airport
- Lifetime discounts and special offers for Vikasa training programs and retreats
- A community of like-minded people who share your values and are there to support, inspire and encourage you every step of the way
- Vikasa tote bag with special goodies for your training
- Fast wifi in all rooms, salas and public spaces
- Experience life in beautiful Thailand with a rich and exotic culture and atmosphere





# 50HR SOUND HEALING TEACHER TRAINING FACT SHEET

## VIKASA YTT50 SOUND HEALING SAMPLE WEEK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>SOUND HEALING &amp; MEDITATION</b> 08:00 - 09:30	<b>SOUND HEALING &amp; MEDITATION</b> 08:00 - 09:30	<b>SOUND HEALING &amp; MEDITATION</b> 08:00 - 09:30	<b>SOUND HEALING &amp; MEDITATION</b> 08:00 - 09:30
	<b>HEALTHY BRUNCH</b> 09:30 - 11:00	<b>HEALTHY BRUNCH</b> 09:30 - 11:00	<b>HEALTHY BRUNCH</b> 09:30 - 11:00	<b>HEALTHY BRUNCH</b> 09:30 - 11:00
	<b>SOUND HEALING THEORY</b> 11:00 - 13:00	<b>SOUND HEALING THEORY</b> 11:00 - 13:00	<b>SOUND HEALING THEORY</b> 11:00 - 13:00	
	<b>TEACHING &amp; GROUP PRACTICE</b> 13:00 - 15:00	<b>TEACHING &amp; GROUP PRACTICE</b> 13:00 - 15:00	<b>TEACHING &amp; GROUP PRACTICE</b> 13:00 - 15:00	<b>CHECK OUT</b> 12:00 - 14:00
<b>CHECK IN</b> 14:00 - 16:00	<b>BREAK</b> 15:00 - 16:00	<b>BREAK</b> 15:00 - 16:00	<b>BREAK</b> 15:00 - 16:00	
	<b>TEACHING &amp; GROUP PRACTICE</b> 16:00 - 18:00	<b>TEACHING &amp; GROUP PRACTICE</b> 16:00 - 18:00	<b>TEACHING &amp; GROUP PRACTICE</b> 16:00 - 18:00	
<b>CHILL YOGA</b> 17:00 - 18:30	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	
<b>DINNER</b> 18:30 - 20:30	<b>DINNER</b> 18:30 - 20:30	<b>DINNER</b> 18:30 - 20:30	<b>DINNER</b> 18:30 - 20:30	

Visit [www.vikasa.com](http://www.vikasa.com) for more details and application

First 5 sign-ups receive \$150 off

Contact us at: [inspire@vikasa.com](mailto:inspire@vikasa.com)

THE EVOLUTION OF YOGA