

SOUND ALCHEMY: TOTAL SOUND HEALING TRAINING

by Silence + Noise



OUR PHILOSOPHY

Silence & Noise is underpinned by the intersectional nature of our work – we place significant importance on exploring the balance between spirituality AND science. Whilst energy and intuition is undoubtedly a huge part of sound healing, we think it's imperative to pair this with the hard maths and mechanics of sound to ground, understand and deliver this work safely.

We think that the modern clinical applications of vibro-acoustics and frequency medicine can also be viewed through a more cosmic lens; and that the inherently spiritual art of devotional sound also has its roots in measurable physiology.

When it comes to sound healing, science and spirit are innately entwined. Therefore we seek to study, share and inspire from a broad foundation that spans cutting edge neuroscience, ancient Vedic tradition, and everything in between.

We are committed to sending our students out into the world fully equipped not just with technical skills and elevated knowledge, but also with finesse in space-holding; insight into wellness entrepreneurship; and confidence in landing their own special spice mix of unique gifts and talents.

We know that people leave our soundspaces and trainings transformed and fascinated, and that many are desperate to get their hands on instruments and get stuck in right away. We love to harness this enthusiasm, whilst holding a healthy respect for the fact that developing playing skills, and truly embodying the intimate, intuitive nature of soundwork takes years of lived experience, nuance and rather a lot of trial and error.

We don't believe anyone can become a sound healer overnight or in a weekend – much like driving, the certification is just the start of the deeper personal journey. That's why although you can take our Levels 1-4 fairly close together in order to gather skills and information, the full certification can only be gained over a minimum 12 month period.

THE CERTIFICATION

Sound Healing Practice Levels 1-5

Our unique journey in sound healing training is certified by International Practitioners of Holistic Medicine.

This program is designed to be completely flexible, with 4 buildable levels crafted to equip you with an expansive, full-spectrum sound healing toolkit suited to your own intentions.

Depending on how you wish to blend sound healing into your world, you may find that level 1, 2 or 3 are enough to satiate your needs and equip you with the knowledge, skills and confidence to carry sound into your personal practices and multi-modal integrations.

You can see the entire course content matrix later in this brochure. Meanwhile, here are the headlines of the content by level...



THE LEVELS

Level 1

FOUNDATION

Introduction to Singing Bowls & Sound Healing Percussion

Basic Sound Science : Beginner Musicology

The essential starting point for everyone; introducing our USP & method.
Ideal for those looking for the simple skills setup
needed to safely introduce soundwork as an appendage
to an existing wellbeing or holistic practice; also suited to those looking to
revamp or re-inspire existing training or practice.

Level 2

EXPANSION

Upskills on Metal/Crystal Bowls : Deeper Science, Cymatics

Building Sound Baths & 1:1 Practice

The natural uplevel for those ready to take level 1
foundations into their own standalone sound bath sessions and 1:1 practice
- also includes drumming and shamanic percussion.

Level 3

ELEVATION

Psychoacoustics & Vibrational Science : Gongs Unlimited

Transitions & the Art of the Soundspace

A major leap into more expansive soundspace cultivation;
built around gong masterclasses and deeper layers of sound physics
and neuroscience. The step-up to holding standalone sound sessions.

Level 4

TRANSFORMATION

Clinical applications : Frequency Medicine in practice

Advanced Playing Techniques and Transitions

Taking sound science and spiritual development into new realms;
expanding your skills and understanding to the cutting edge of sound
research as well as into a heightened layer of consciousness. For those ready
to move into full-time practice or deeper self-study.

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On completion of levels 1-4 we welcome applications to our professional practitioner certification – Level 5. Taking place over 12 months, L5 provides the structure, expansion and support as you elevate to fully certified practitioner, and is the natural evolution for those wishing to dive deep and grow into professional practice.

Our L1-4 training is currently delivered 100% IN PERSON, with programs held at our home on the west coast of India, as well as in the UK and mainland Europe.

Please check the dates and locations listed at the end of this brochure.



ASSESSMENT & CERTIFICATION

Each level 1-4 is certified with a practical playing assessment along with a written element. For level 1 this is a multiple choice theory test; for levels 2-4 the written aspect is an essay on a specific sound related topic.

Your certificate at levels 1-4 will state:
SOUND HEALING PRACTICE: LEVEL X

Your certificate for level 5 will read
SOUND HEALING PRACTITIONER

IPHM accreditation is insurable in most major territories worldwide. IPHM's recommended providers cover members in the UK, Ireland, Wales, Scotland, Australia, New Zealand, Canada, & most of Europe. If they do not have an affiliate insurance provider in your particular country then you will need to request public liability cover with a local insurance provider, for whom the IPHM trustmark will represent a mark of reputation and excellence.



YOUR INVESTMENT



Levels 1-4 are valued at 27 hours per level and EACH include:

- 21 hours of IRL training
- 4 hours of assessment time
- 2 hours of 1:1 coaching/mentoring
(in which we focus on your area of particular interest or workshop practical skills as your prefer)

Each level also includes:

- An extensive training manual for your future reference
- Your fully insurable certification
- 20% off a set of three or five metal or crystal singing bowls from our preferred supplier in India.

Each 3-day level :

INDIA TRAININGS £425 44.5kRs / 495€ / \$US 540

Earlybird: £375 / 39.3kRs / 440€ / \$US 475

[when booked 4 weeks before course start date and paid in full at point of booking]

UK TRAININGS £550

Earlybird: £499

****We offer a 10% discount when you book two levels at the same time****

Calculator out! Completion of all 4 levels gives you a total of 108 magical hours of time with us. Level 5 gives you a complete 200 hour training. That's some lovely numerology!

BOOKING TERMS

THESE ARE IMPORTANT AND NON-NEGOTIABLE.

PLEASE READ IN DETAIL

*Confirm your space with a **non-refundable deposit** of £100. Balance is due 4 weeks before course date, you are welcome to arrange a payment plan to spread the cost over 3 payments up to the due date.*

If you are booking closer to the course date than 4 weeks, then the total fee is due on booking.

Free cancellation up to 3 weeks before course date (less the non-refundable deposit)

Deposit payments are made by card via our UK based website. Balance payments are made direct to our bank account. We can accept payments to £GBP, \$US, €Euro or Rupee accounts.

If there is any unforeseen circumstance which forces us to cancel your training, you will be offered alternative dates, and if these are not suitable, a full refund.





WHO IS THIS FOR?

Sound Alchemy: Sound Healing Training is for YOU
if you resonate with ANY of these statements:

**** YOU ARE A CURIOUS EXPLORER ****

You're a seeker, fascinated by all things cosmic and sonic. Perhaps you've been drawn to gong baths lately or have begun to think about snapping up your own crystal bowl. You're curious to deepen your understanding of both the science and spirit of soundwork.

**** YOU'RE ON A PERSONAL HEALING JOURNEY ****

You've been, or are thinking about, committing to your own personal development, perhaps through a hybrid of practices both on and off the beaten track. You're looking to supercharge your efforts and learnings and take your self-inquiry to new levels. You have the sense that learning about and offering soundwork will be a profound personal journey. It WILL be.

**** YOU'RE A SCIENCE NERD ****

You're into your yoga etc, but you harbour a dose of scepticism when it comes to spirituality and energy work. You want to get comfortable with the soul stuff, but get deeeep with the neuroscience, psychoacoustics and cymatics of sound. You are not scared of mechanical or quantum physics!

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** YOU'RE A YOGA TEACHER / BREATHWORKER / WELLNESS PRACTITIONER **

You are already used to holding space and/or teaching – maybe you're a certified yoga teacher, reiki master, bodywork specialist or perhaps you hold moon circles or red tents. You love the idea of adding a splash of singing bowl, shruti or other sound to your offerings, but are missing the essential know-how and background to do so safely and with confidence and awareness.

** YOU'RE ALREADY A MUSICIAN OR SOUND HEALER **

Perhaps you've started a sound healing journey elsewhere but feel you are missing the synergy of both spirituality *and* science. Or maybe you're a musician looking to dive into the soulful and therapeutic applications of your art. Our training is curated in a way that even if you are coming to us from a place of experience, we are sure you'll find a new flavour to get stuck into.

Or maybe you're just looking for a totally fresh take on soundwork?



SOUND STUDY PILLARS

SILENCE & NOISE SOUND TRAINING is unique in its multidisciplinary and integrative approach. We feel that what makes sound incredibly effective and ultra-applicable to modern life is the way it speaks to both ancient and futuristic themes, as well as to both the physical and energetic body.

Your learning is based around a balance of the spiritual, energetic and shamanic background of soundwork; counterbalanced with its' scientific basis which includes mechanical and quantum physics, psychoacoustics and neuroscience.

Our four-level program combines study across TEN pillars.



SOUND STUDY PILLARS

FOUNDATIONAL THEORY [YOUR ESSENTIAL CORE CONTENT]

SOUND ORIGINS

CIVILISATIONS + SOUND

SOUND SCIENCE

THE CRUCIAL BASICS
OF BODY & SOUND

SOUND ENERGETICS

THE VIBRATIONAL BODY
MERIDIANS & CHAKRAS

MUSICOLOGY

MAKING SOUND
RATHER THAN NOISE

TECHNICAL SKILLS

HOW TO
ACTUALLY PLAY

DELIVERING SOUND

TAKING IT TO THE PEOPLE
IN PRACTICE

THE ART OF SPACE HOLDING

DREAMWEAVING
INTEGRATING +
CREATING POTENCY

DIGITAL SOUNDS

EXPANDING YOUR
REACH + OPTIMISING
TECHNOLOGY

SOUND BUSINESS

MAKING IT WORK
OUT THERE IN
THE WORLD

[SYLLABUS: LEVEL 1]

FOUNDATIONS OF SOUND + INTEGRATION WITH OTHER MODALITIES

MODULE	CONTENT
FOUNDATIONS	Healing vs Therapy Art of Listening Sensory Perception
HISTORY	Origins of Sound Healing Early Instrumentation
SCIENCE	Mechanical Physics of Sound
ENERGETTICS	Chakra System
MUSICOLOGY	Basic Notes & Chords
TECHNICAL SKILLS	Intro to Metal Bowls Intro to Crystal Bowls Simple Percussion - chimes, rainsticks, ocean drum
1:1 PRACTICE	Self Sound Healing
GROUP PRACTICE	Working with individual instruments Safe integration into other modalities
SPACE HOLDING	Basics, Ethics + Contraindications
BUSINESS	Sourcing and choosing instruments

ASSESSMENT:
theory test on sound basics + 15 minute practical playing review

[SYLLABUS: LEVEL 2]

1:1 SOUND HEALING + STANDALONE SOUND SESSIONS

MODULE	CONTENT
FOUNDATIONS	Cymatics Vibrational Sounding - The Voice + Bija Mantra
HISTORY	Shamanic History Egyptian + Greco/Roman Sound
SCIENCE	Binaural Beats + HRV/The Nervous System
ENERGETTICS	The Koshas + Consciousness
MUSICOLOGY	Pentatonic Structure, Scales and Solfeggio Tuning
TECHNICAL SKILLS	Intermediate Metal + Crystal Bowl Techniques Intro to Tuning Forks Shamanic Drumming Rhythms
1:1 PRACTICE	On body 1:1 bowls + forks
GROUP PRACTICE	Building a multi-instrumentation session
SPACE HOLDING	Trauma Management + Sound Psychology
BUSINESS	Professional Sound Integration into other modalities - detailed deep dive

ASSESSMENT:

1000 word essay on singing bowls + 30 minute practical playing review

[SYLLABUS: LEVEL 3]

MULTI-INSTRUMENTATION + EXPANDED SCIENCE

MODULE	CONTENT
FOUNDATIONS	Psychoacoustics + Emotional Neurology
HISTORY	Gregorian Chant & Solfeggio Scales, Sonic Numerology Mayan Music
SCIENCE	The Vagus Nerve = Cranial Nervous System + Trauma + PTSD Psychology
ENERGETTICS	Vibrational Science in Nature
MUSICOLOGY	The Cosmic Octave, Hans Cousto
TECHNICAL SKILLS	Introducing Gongs: Playing techniques, multiple gongs, secret sauce Handpans & scaled/hang drums Advanced Tuning Forks
1:1 PRACTICE	Biofield Tuning
GROUP PRACTICE	Transitions, Orchestration and Harmonisation in multi-instrumentation
SPACE HOLDING	Performance + Artistry in Standalone Soundspaces
DIGITAL	Soundtracking + Technological Tools for Recording/Live PA

ASSESSMENT:

2000 word essay on open topic + full solo sound session practical

[SYLLABUS: LEVEL 4]

CLINICAL APPLICATION & ADVANCED TECHNIQUE

MODULE	CONTENT
HISTORY	Indian Scales & Raga Sequences
SCIENCE	Vibroacoustics - advanced therapy in clinical settings; anatomy & acupressure; sound science for chronic conditions
ENERGETTICS	TCM & Meridians deeper dive
MUSICOLOGY	Kepler's Sounds of the Universe
TECHNICAL SKILLS	Multiple gong setups, orchestration and advanced transitions; harmonium & shruti; integrating classical instrumentation
1:1 PRACTICE	1:1 Sound Healing and specific frequency medicine
GROUP PRACTICE	Standalone, Extended Sound Baths
SPACE HOLDING	Confidence building, narratives and scripts
BUSINESS	USP, cultivating special sauce, pricing, corporate delivery
DIGITAL	Production and mastering your own recordings

ASSESSMENT:

2000 word essay on sound therapeutics + full solo sound session practical including live PA and digital elements

[YOUR FACILITATOR]

Janie is an established and experienced sound healing practitioner, and has been working full time in this field since 2017. She is also a senior yoga teacher and an Usui Reiki Master, with extensive experience of integrating sound into other modalities and teachings. She is a frequency medicine expert who is fascinated by psychedelia, neuroscience, the quantum field and the power of the natural world.

As founder of Silence & Noise, Janie alchemises sound, science and spirit to explore the edges of the mind and the space beyond; she specialises in creating transcendent psycho-spiritual experiences, deeply relaxing lucid dreamstates, regenerative soul journeys and connections with cosmic consciousness. She has a particular interest in the impact of sound on PTSD, chronic stress and anxiety, high-functioning psychological conditions and the neurodivergent experience.

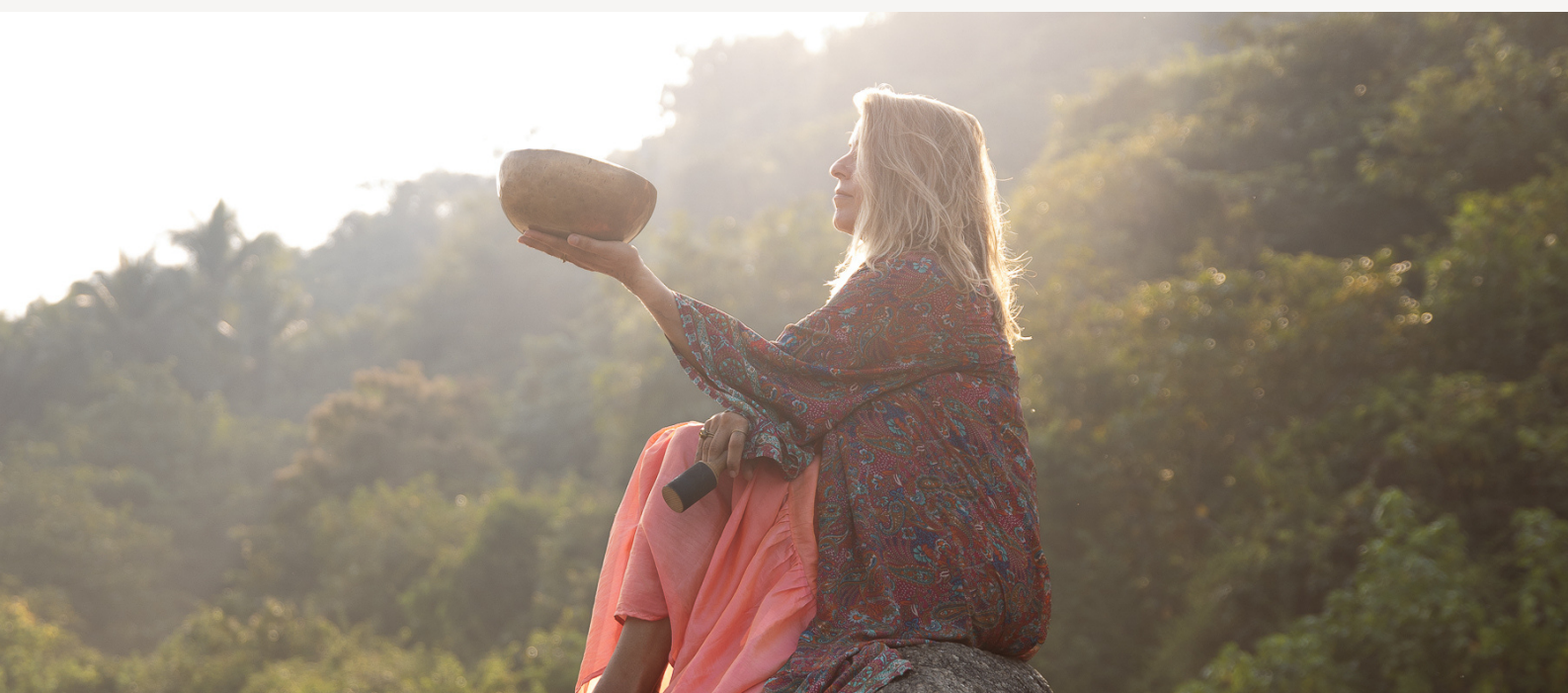
This course is an amalgamation of everything Janie has learned in the last 15 years of exploring sound and 7 years of growing as a full-time sound healer; woven through with her experience in running global businesses, building startups, hosting large-scale performances and events around the world, and holding thousands of hours of 1:1 space.

Janie has studied music theory as a classical flautist, mastered gong with leading sound healer Sheila Whittaker, and sound therapy training with the College of Sound Healing amongst other professional qualifications. She studied music production training with particular focus on recording complex percussion instrumentation, synths and live production.

Janie has become FASCINATED by quantum physics, the chemistry of the brain, and the physiology of the mind - a study emerging from her own experience with chronic sleep disorders, anxiety and treating/living with a brain tumour.

She is passionate about information, empirical and research-based knowledge, and the need to engage in sacred and powerful work with framework, experience and understanding of its impact.

Janie is the author of the “The Healing Power of Sound” which will be published by David & Charles Publishing in May 2024.



2024 DATES

MARCH (South Goa)

Level 1: 11th-13th

Level 2: 15th-17th

Level 3: 19th - 21st

APRIL (South Goa)

Level 1: 8th -10th

Level 2: 12th - 14th

Level 3: 16th -18th

Level 4: 20th - 22nd

MAY (Kent, UK)

Level 1: 28th - 30th

Level 2: 31st - 2nd June

OCTOBER (Dorset, UK)

Level 3: 1st - 3rd

Level 4: 4th - 6th

*South Goa dates resume in
November 2024*

TO BOOK

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