

aṁaṁana

Transforming lives through yoga

SOUND MEDITATION

TEACHER TRAINING COURSE



WHY SOUND MEDITATION?

Sound meditation is one of the most ancient and profound tools for inner transformation. The universe itself is vibration—every cell, every thought, every feeling resonates with frequency. When we immerse ourselves in sound, we are aligning with this fundamental truth.

- **Deep Relaxation:** The harmonic vibrations calm the nervous system, reduce stress, and bring the body into a state of deep rest.
- **Emotional Healing:** Sound bypasses the analytical mind and works directly with emotions, helping release stored tension and traumas.
- **Expanded Awareness:** Chanting mantras, listening to gongs, bowls, or vocal toning awakens subtle states of consciousness and heightens inner clarity.
- **Physical Benefits:** The resonance of sound enhances circulation, supports the immune system, and promotes overall vitality.
- **Connection to Self & Universe:** Sound reminds us of our own inner vibration, helping us feel connected to something greater than ourselves.
- **Balancing Energy Centers (Chakras):** Each chakra resonates with specific frequencies. Sound meditation helps clear blockages, restore harmony, and bring the subtle body into balance, allowing energy to flow freely.

COURSE OVERVIEW

1. Exploring Advanced States of Matter

- Classical States of Matter: Solid, Liquid, Gas
- Understanding Plasma – The Fourth State
- Introducing Aether – The Fifth State

2. The Electrical Universe Paradigm

- Core Principles of the Electrical Universe Model
- Quantum Theory
- Nada Yoga

3. The Science of Sound

- Defining Sound: Vibration, Frequency, and Wave Physics
- Exploring Resonance, Harmonics, and Overtones
- Applications of Sound in Integrative Healthcare

4. Sound's Interaction with the Human Body

- The Subtle Energy Field (Aura) Explained
- Sound's Role in Chakra Alignment
- Introduction to Cymatics
- Brain wave entrainment

COURSE OVERVIEW

5. Key Sound Healing Instruments

- Himalayan and Crystal Singing Bowls
- Gongs
- Tuning Forks
- Drums
- Chimes

6. Sound Meditation

- Benefits of Sound Meditation in Deeper relaxation, Reducing anxiety, panic attack and depression, Improving Focus and sleep quality, pattern breaking and making.
- Demonstration of Sound Meditation Session
- Hands-On Practice: Conducting Sound Meditation

7. Sound-Based Therapeutic Massage

- Incorporating Himalayan Bowls in Massage Therapy
- Benefits for Physical Relaxation, Energy Flow, and Holistic Healing
- Live Demonstration
- Hands-On Practice: Conducting Sound Massage

8. Suitability and Safety Guidelines

- Who Benefits Most from Sound Therapy
- Situations and Conditions Where It May Be Contraindicated
- Recommended Best Practices and Safety Precautions

Assessment & Certification

COURSE DATE & FEE

DATE: 2-4 OCTOBER, 2025

ONLINE BANK TRANSFER DETAILS

INR 25,000 (Excluding food and accommodation)

Aayana Yoga Academy

ICICI Bank, Jayanagar 9th Block

Current Account: 029905500139

IFSC Code: ICIC0000299

Please whatsapp/email transaction details to help us track your payment and mention

‘YourName’ in the transfer description.



TEACHING TEAM

Vignesh Subramanya



I am Vignesh, founder of Dhi Yoga. I am a certified Yoga Teacher, Transpersonal Regression Therapist and Sound Meditation Therapist, dedicated to supporting individuals on their journey toward balance and holistic well-being

With over 15 years of experience as a long-distance cyclist, my journey into yoga began as a way to recover from injuries and improve strength and focus. More than a decade into the practice, yoga has become an integral part of my life, allowing me to continue cycling with resilience and mindfulness.

Yoga has profoundly transformed my life, physically, mentally, and emotionally.

Beyond the mat, I am also a theatre artist, a space where I deeply engage with human emotions and examine the impact of social conditioning on behavior.

In the past I was part of the corporate world, with a cumulative experience of 13 years in the semiconductor industry before transitioning to Yoga and wellness as my mainstream career. Since then I have been regularly teaching Yoga and conducting sound meditation sessions.

At present, I'm expanding my knowledge and deepening my personal practice through pranayama and meditation.



REACH OUT



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