



REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

AVAILABLE ON DEMAND

SOUND HEALING TRAINING

vibration as practice

INFO PACKET • 2026

ONLINE • SELF-PACED • ON DEMAND

SOUND AS MEDITATION, HEALING + PRESENCE

Across cultures and traditions, sound has long been used as a tool for meditation, ritual, healing, and transformation.

An immersive exploration of sound, vibration, meditation, nervous system regulation, and the art of holding healing space through frequency and presence.

Modern sound healing practices often incorporate singing bowls, gongs, chimes, voice, vibration, and rhythmic soundscapes to support relaxation, mindfulness, nervous system regulation, and deep meditative states.

This training explores sound healing not simply as playing instruments, but as **the subtle art of creating intentional environments that support presence, awareness, and deep listening.**



Sound has the ability to quiet the mind and reconnect us to presence in ways words often cannot.

FORMAT

ON DEMAND • SELF-PACED

CERTIFICATION

SOUND HEALING FACILITATOR CERTIFICATION

TUITION

\$297 • ONLINE

ACCESS

LIFETIME ACCESS

CONTINUING ED

YOGA ALLIANCE CE FOR RYT5

PREREQUISITES

NONE • NO MUSICAL EXPERIENCE

WHO IS THIS TRAINING FOR

No prior musical training required. This training focuses on presence, listening, atmosphere, and intentional facilitation rather than musical performance.

i.

YOGA TEACHERS

Teachers interested in integrating sound healing into yoga, meditation, restorative, or mindfulness practices.

ii.

WELLNESS PRACTITIONERS

Healers, therapists, bodyworkers, Reiki practitioners, meditation guides, and wellness professionals seeking supportive healing modalities.

iii.

MEDITATION PRACTITIONERS

Students interested in deepening meditation, mindfulness, and nervous system awareness through sound and vibration.

iv.

SPACE HOLDERS + FACILITATORS

Individuals wanting to create grounding, calming, and immersive group experiences.

v.

DEDICATED STUDENTS

Anyone drawn toward sound, vibration, meditation, and contemplative healing practices.

The oldest medicine.



TRAINING CURRICULUM

Ten integrated modules, from the philosophy of sound to the subtle art of facilitation.

01

FOUNDATIONS OF SOUND HEALING

History, philosophy, and modern applications of sound healing and vibrational practices.

03

INSTRUMENTS + SOUND EXPLORATION

Introduction to instruments commonly used in sound healing.

CRYSTAL BOWLS • TIBETAN BOWLS • GONGS • CHIMES • DRUMS • BELLS • VOICE • TUNING FORKS

05

SOUND BATH EXPERIENCES

How to structure and guide sound baths, meditative journeys, and immersive healing environments.

07

ENERGETICS + ATMOSPHERE

Understanding pacing, silence, energetic flow, room atmosphere, and intentional space holding.

09

VOICE + PRESENCE

Using voice intentionally through chanting, tone, guided meditation, verbal pacing, and energetic grounding.

02

THE SCIENCE OF SOUND

Cymatics, quantum mechanics, frequency, Hz, resonance, and how vibration moves through the body and the field.

04

NERVOUS SYSTEM + MEDITATION

Understanding how sound and vibration may influence relaxation, mindfulness, and meditative states.

06

BREATHWORK + MEDITATION INTEGRATION

Combining sound healing with mindfulness, meditation, pranayama, restorative practices, and guided awareness.

08

TRAUMA-AWARE FACILITATION

Creating emotionally safe and grounded environments while respecting individual sensitivity to sound and nervous system states.

10

TEACHING METHODOLOGY

Facilitation skills, class structure, transitions, sequencing of sound experiences, and integrating sound into existing wellness practices.

SOUND AS ATMOSPHERE

This training does not approach sound healing as musical performance or entertainment. Instead, it explores sound as atmosphere, vibration, awareness, nervous system support, meditation, and intentional space holding.

Students are encouraged to focus less on perfection and more on listening, presence, pacing, energetic sensitivity, emotional awareness, and creating grounded healing environments.

The emphasis is on creating experiences that help people slow down, reconnect, and enter deeper states of awareness and rest.

LISTENING

PRESENCE

PACING

ENERGETIC SENSITIVITY

EMOTIONAL AWARENESS

GROUNDED ATMOSPHERE

ON-DEMAND LEARNING

LEARN AT YOUR OWN PACE

Move through the material gradually and revisit lessons as often as needed. The format allows you to develop confidence in your own relationship to sound and facilitation.



RECORDED LECTURES

each module at your pace

GUIDED SOUND PRACTICES

sound baths to attend yourself

INSTRUMENT DEMOS

hands-on technique walkthroughs

MEDITATION PRACTICES

sound-infused awareness training

DOWNLOADABLES

manuals, scripts, sequencing templates

SELF-STUDY EXERCISES

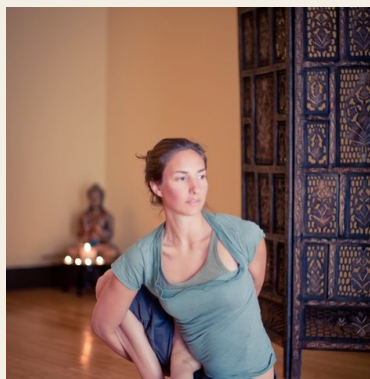
reflection + integration prompts

FACILITATION GUIDANCE

tools for holding sound bath space

TEACHERS WHO LIVE IT

Revolution Yoga's teacher trainings are guided by founder and director Amanda DiGiovanna, lead teacher trainer at Revolution Yoga, whose own study spans yoga, philosophy, and Ayurveda.



LEAD TEACHER TRAINER

AMANDA DIGIOVANNA

Founder / Director · Revolution Yoga

Amanda began her personal yoga practice over 28 years ago. She holds a BA in Psychology from the University at Albany, graduated Sonic Yoga's 200-Hour Vinyasa Teacher Certification in 2007, and in 2009 Revolution was born. She weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- Kirtan Studies with Raghunath Cappel, Gauravani, and the Mayapuris
- Restorative Yoga and Yoga Nidra Training with Evangeline Houlihan
- Ayurvedic Health Consultant, studied under Naina Mairbali
- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappel)
- 200-Hour Vinyasa Teacher Certification, Sonic Yoga (2007)

STUDENT EXPERIENCES • IN THEIR OWN WORDS

“

This training completely changed how I understand meditation and healing. I came in for the bowls and stayed for the philosophy of presence.

GRADUATE • SOUND HEALING TRAINING, 2024

“

I learned how powerful sound can be for grounding and nervous system support. I now lead monthly sound baths in my therapy practice.

GRADUATE • SOUND HEALING TRAINING, 2025

INVESTING IN YOUR PATH

\$297

*Online · Self-Paced
Lifetime access*

FORMAT

ON DEMAND · SELF-PACED

Self-guided online, from anywhere.

START

SAME DAY YOU ENROLL

Begin the same day you enroll.

ACCESS

LIFETIME ACCESS

Lifetime access to all modules and updates. Your pace, no deadline.

01

ENROLL ONLINE

Enroll at shop.revolutionyogaspace.com/products/sound-healing-training-online.

02

CHECK YOUR EMAIL

Access details arrive by email right after purchase.

03

LEARN IN GOOGLE CLASSROOM

Self-paced in Google Classroom. Includes modules, demonstrations, manual, guided practices, scripts, and downloadable resources.

04

YOUR CERTIFICATION

Sound Healing Facilitator Certification on completion. Yoga Alliance CE credits available for current RYT's. No musical experience required.

COMMON QUESTIONS

DO I NEED MUSICAL EXPERIENCE?

No. This training is rooted in presence and facilitation, not musical skill. We teach you how to listen, hold space, and use instruments intentionally, no reading music required.

IS THIS TRAINING ONLINE ONLY?

Currently, yes, fully on demand. Self-paced from anywhere.

WHAT INSTRUMENTS DO I NEED?

None to begin. Many students start with their voice and add instruments gradually. We include guidance on starter instruments and where to source quality bowls, gongs, and tools.

CAN SOUND HEALING BE INTEGRATED INTO YOGA CLASSES?

Yes, beautifully. Many graduates use sound to deepen savasana, hold restorative practices, or create immersive yoga + sound experiences.

IS THIS BEGINNER FRIENDLY?

Yes. The training assumes no prior knowledge of sound healing, music, or facilitation. We start at the foundation.

HOW DO SOUND BATHS WORK?

A sound bath is a guided meditative experience where participants typically lie down while a facilitator plays instruments around the room. The vibrations support nervous system regulation, deep relaxation, and meditative states. The curriculum covers structuring and facilitating these experiences.

IS THIS YOGA ALLIANCE ELIGIBLE?

Yes. RYT's receive Yoga Alliance continuing education credits upon completion.



08 • ENROLL + CONTACT

ENTER THE FIELD OF VIBRATION

An invitation to deepen your relationship with sound, presence, meditation, and the subtle art of creating healing space through vibration and awareness.

ON-DEMAND ENROLLMENT

**ENROLL TODAY -
BEGIN TODAY**

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products/sound-healing-training-online](https://shop.revolutionyogaspace.com/products/sound-healing-training-online)

EMAIL

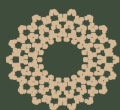
revolutionyoga@gmail.com

CALL

516.619.6421

HOW ACCESS WORKS

Self-paced in Google Classroom. Access details arrive by email right after purchase.



Revolution Yoga Institute for Yoga Studies · Rockville Centre, NY