



AN IMMERSIVE TRAINING IN BIR

The Vibration *of Safety*

Learn to work with sound
through presence, embodied
listening and trauma-aware
facilitation.

FOR ASPIRING AND PRACTISING SOUND HEALERS



14-20 NOVEMBER 2026

RAHAO COMMUNE - BIR, HIMACHAL PRADESH

Rs. 25,000 Training only • Food, travel and stay not included

10 PARTICIPANTS • 6 SEATS REMAINING*

THE VIBRATION OF SAFETY

More than the instruments.

A sound bath may offer relaxation. In deeper sound facilitation, what matters is not simply the sound—but how the person is experiencing it, and how the practitioner responds.

THE LEARNING JOURNEY

01 The Listening Body

Embodied listening, awareness, presence and silence.

02 Nervous-System Understanding

Different responses to sound and responsive pacing.

03 Deeper Maps of Experience

Exploration of inner experiences with evidence boundaries.

04 Sound, Brain & Body

Acoustics, hearing, sound levels and thoughtful claims.

05 Instrument Craft

Choice, timing, volume, sequencing and intentional silence.

06 The Rahao Method

Anchor, optional Journey and complete Return.

07 Ethics & Integration

Consent, boundaries, supervised practice and feedback.

A deeper way of listening.

An invitation to build sound facilitation skills with sensitivity, practical understanding, thoughtful pacing and a strong sense of responsibility.

PRACTICAL DETAILS

Dates	14–20 November 2026
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Location	Rahao Commune – Bir, Himachal Pradesh
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Training contribution	₹25,000 per participant
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Includes	Training programme only
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Not included	Travel, accommodation and food
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Group size	Maximum 10 participants
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Availability	6 places remaining as of 12 October 2026
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READY TO LEARN MORE?

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Important: This training develops trauma-aware wellness sound facilitation skills. It does not qualify participants to diagnose or treat trauma, mental illness or medical conditions. Emotional release is never forced or promised. *Availability is subject to confirmation.