



Institute of Natural Medicine

4 Days / 16 Hours

Sound Healing Level One Course



Sound Healing Level One — 4 Days • 16 Hours • USD 420

Begin your professional journey in therapeutic sound. Sound Healing Level One at the Institute of Natural Medicine (INM), Thamel, Kathmandu teaches authentic [Himalayan singing bowl](#) techniques, crystal singing bowl work, and basic gong immersion. This 4-day, 16-hour intensive blends practical skill-building with clear theory so you leave confident to offer safe, effective sound healing sessions.

Why This Course Is Different



Learn in a small-class setting from an internationally respected healing expert. Our training balances tradition and modern practice: lineage-based Himalayan methods are taught alongside nervous-system-friendly approaches used in therapeutic sound work today. Classes are held in a tranquil, forest-like studio tucked in the heart of lively Thamel — an unexpectedly peaceful space that supports deep learning and practice.

Who This Course Is For

This Level One training suits beginners and practitioners alike: yoga teachers, [Reiki](#) practitioners, [massage](#) therapists, meditation guides, and wellness professionals who want to add sound to their offerings. It is also ideal for travelers seeking authentic Himalayan sound healing training in Nepal.

What You Will Learn (Theory + Practical)

Over four days you will receive hands-on practice and evidence-based theory in clear, accessible lessons. Core learning modules include:

- **Foundations of sound healing:** vibration, resonance, entrainment, and the effects of sound on brainwaves and the nervous system
- **Himalayan singing bowl techniques:** holding, striking, rim-playing, mallet selection, and sustained harmonic fields
- **Crystal singing bowl use:** chakra-specific frequencies, tuning approaches, and metal-crystal bowl combinations
- **Basic gong methods:** safe introduction to gong immersion for clearing and deep resonance
- **Session design:** structuring private sessions and group sound baths, pacing, and client safety
- **Energetic hygiene & ethics:** contraindications, client screening, and professional boundaries
- **Live practice & feedback:** supervised sessions with guided improvement

Daily Schedule of the Sound Healing Level One Course

Each training day combines short lectures with extended hands-on practice so learning is embodied, not just intellectual.

Day 1 - Arrival & Introduction

- **11:00 am - 1:00 pm:** Sound Healing Training (introduction, sound science basics, bowl fundamentals)
- **1:00 pm - 3:00 pm:** Vegetarian Lunch & Rest



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- **3:00 pm - 5:00 pm:** Sound Healing Training (hands-on rim techniques and practice)
- **7:00 pm:** Dinner

Days 2 to 4 - Immersive Sound Healing Training

Morning Routine

- **7:00 am - 8:00 am:** Daily Yoga Session
- **8:30 am - 11:00 am:** Yogic Breakfast & Leisure Time

Core Training Sessions

- **11:00 am - 1:00 pm:** Sound Healing Training (chakra mapping, crystal bowls, session techniques)
- **1:00 pm - 3:00 pm:** Vegetarian Lunch & Break
- **3:00 pm - 5:00 pm:** Sound Healing Training (group sound baths, gong immersion, supervised practice)
- **7:00 pm:** Dinner

Note: Meals are only included with the residential package (with accommodation).

Day Four concludes with practical assessments, integration exercises, certification, and a closing sound meditation.

The schedule can be customized for private or tailor-made sound healing training programs. Please [contact us](#) if you would like a personalized singing bowl or sound therapy learning package.

Skills You Will Gain

- Confident use of Himalayan and crystal singing bowls for therapeutic purposes
- Ability to design and lead 30–60 minute individual or group sound healing sessions
- Safe use of the gong for deep clearing and integration
- Blending sound with intention, breathwork, and space-holding
- Professional ethics and awareness of contraindications

Certification of Sound Healing Level One

Upon successful completion, you receive a **Sound Healing Level One Certificate** from the Institute of Natural Medicine, recognizing your readiness to offer basic sound therapy services.

Course Details & Fees



Institute of Natural Medicine

Duration: 4 days (16 total hours)

Price: USD 420

Location: Institute of Natural Medicine, Thamel, Kathmandu

Why Train With INM

- Small-group, hands-on mentoring
- Training led by an experienced international healing expert
- Peaceful forest-style studio in central Thamel
- Ethical, real-world focused training
- Affordable pricing without compromising quality

How This Training Fits Into a Professional Pathway

- Offering combined sound healing and Reiki sessions
- Progressing to Sound Healing Level Two, or [Diploma in Sound Healing](#)
- Integrating sound into yoga, massage, or wellness practices

Practical Information

Please bring comfortable clothing, a notebook, and an open mind. Mats, cushions, and instruments are provided. Class sizes are intentionally small.

Related Programs

- [Himalayan Sound Healing Sessions](#)
- [Crystal Singing Bowl – 7 Chakra Healing](#)
- [Reiki Level One](#)
- [Singing Bowl Massage](#)

Frequently Asked Questions

Do I need musical experience to join?

No. This course is beginner-friendly and focuses on simple, repeatable techniques.

Will I be able to run sessions after Level One?

Yes. You will be trained to safely lead individual sessions and basic group sound baths.

Is there an assessment?



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Yes. The final day includes a supervised practical assessment before certification.

How many students per course?

Classes are limited to ensure personalized guidance and ample hands-on practice.

Book Your Place

Spaces are limited. To reserve your seat or request upcoming dates, please visit our bookings page or contact the Institute directly. Begin your sound healing journey in the true Himalayan tradition — in Thamel, Kathmandu.

Reviews

I had the opportunity to attend the Sound Healing Program 1 for four days. Guru Manhal has a profound depth of knowledge and is able to share it in a clear and practical way. The program is also flexible and adapts well to the individual needs of the participants. The institute features a beautiful garden, as well as clean and cozy single rooms where you can stay during the training. I especially appreciated the meals provided throughout the stay—they were excellent. Nabin is always available and happy to help with anything related to your well-being, even outside of the program. I would definitely book this experience again.

J

Julia Bühler

Price:

Course only US\$ 420

Course with private room and private bathroom US\$ 510

Course with private room and sharing bathroom US\$ 475

[Book Now](#)

Check out other packages



Himalayan Sound Healing

Experience Himalayan sound healing in Kathmandu, using therapeutic singing bowls and vibrations to restore energy flow, balance chakras, and promote deep relaxation and peace.

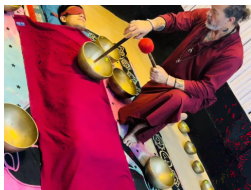
[Explore](#)



Holistic Healing Therapy Course - Balance Body, Mind, and Spirit

Study Holistic healing therapy courses in Kathmandu, Nepal and learn the fundamental importance of three major different type of holistic therapy. Ayurvedic Healing Massage Traditional Sound Healing Shirodhara Healing

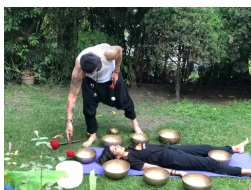
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Ancient Singing/Sound Healing Course

Discover ancient sound healing in Kathmandu, learning singing bowl therapy, chakra balancing, and therapeutic techniques to enhance physical, mental, and emotional wellness.

[Explore](#)



Aura Cleansing with Singing Bowl

Refresh your aura in Kathmandu with singing bowl therapy, clearing negativity, balancing chakras, and promoting emotional, mental, and energetic harmony and well-being.

[Explore](#)



Meridian Cleansing with Singing Bowl

Experience powerful sound healing in Kathmandu with our 1-hour Meridian Cleansing Singing Bowl Therapy, clearing blocked energy pathways and restoring vitality for only USD 25.

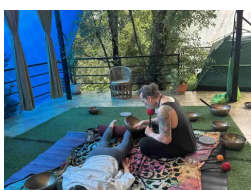
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Crystal Singing Bowl - 7 Chakra Healing

Crystal bowls made from pure quartz produce resonant frequencies that interact directly with your energy centers, helping restore clarity, calmness, and inner harmony.

[Explore](#)



Singing Bowl Massage

The Singing bowls are placed on specific areas of the body—back, shoulders, abdomen, feet, and energy centers—and played in rhythmic patterns during Singing Bowl Massage session.

[Explore](#)



Comprehensive Sound Healing with Gong, Singing Bowl, Crystal & Mantra

Transformative, immersive & rooted in authentic Himalayan healing traditions — delivered in Thamel.

[Explore](#)



Reiki Level One Training in Kathmandu, Nepal

Reiki Level One awakens your inner energy, combining traditional Japanese Reiki with Nepal's spiritual essence to support self-healing, clarity, mindfulness, balance, and awareness, guiding you gently on a journey of personal transformation.

[Explore](#)



Diploma in Sound Healing - 7 Days

A comprehensive experience combining Himalayan singing bowls, crystal bowls, and basic gong techniques, along with a complementary Reiki or crystal healing session to deepen your learning.

[Explore](#)