

YIN & SOUND INTEGRATED TRAINING

by Prianca Shharma & Silence + Noise



YOGA WITH PRIANCA



SILENCE & NOISE

ALCHEMY WELLNESS: COMMITTED TO INTEGRATED PRACTICE

Alchemy Wellness is a centre for teaching excellence.

We are proud to offer a specialised focus in advanced/continuous professional development courses and integrated practices, offering expansive and elevated methods for growing your practitioners' toolkit beyond the basics.

All of our founders and faculty are multi-modal practitioners, each trained to an advanced level in multiple practices including yoga (Ashtanga, Dharma, Yin, Rocket, Jivamukti, Hatha and Vinyasa), sound healing, sound therapy, conscious connected breathwork, Usui Reiki, Craniosacral therapy, contrast therapy, acupuncture, Ayurveda, reflexology, and more.

We are a trauma-informed centre holding the intention to fully equip our alumni not just to grow into outstanding, deeply experienced teachers, but expanded, joyful human beings, and carriers of light, authenticity and power.



ABOUT THE TRAINING

We're so excited to offer you this training to support your expansion as a yoga facilitator.

In a globalized world, many of us are initially drawn to the physical aspects of yoga (embodied in the more Yang asana practice). But as our yoga journey leads us to become less distracted and more physically attuned, many students eventually become interested in that which is more hidden.

This more nuanced yogic experience can be called the yin aspect of reality – the spiritual, supraconscious and subtle. It is only by paying attention in a relaxed and attuned way that this yin aspect of life is revealed, and the practice of yin yoga offers us the perfect environment in which to deepen our connection to the subtle realms.

Like the practice of yin yoga, soundwork offers us powerful tools with which to develop and cultivate our attunement and understanding of the more subtle frequencies of being. Sound shares Yin yoga's multi-dimensional ancestry with its many roots and teachings also connected to the Chinese and Indian (Ayurvedic) medicine traditions as well as Taoism and Hatha yoga. Sound is a fantastic tool for deepening a yin practice.

Together the two practices of YIN and SOUND HEALING form an integrated vibrational experience which hold incredible potency and power.



WHO THIS COURSE IS FOR

This course is designed to advance and elevate an existing practice, and is open to all yoga teachers who have completed their 200 hour basic training.

Although you do not need to have any existing yin-specific training, it's advisable to have taken yin classes and be familiar with practicing in this style.

*** If you are not already a yoga teacher but are keen to go deeper with yin purely for your own self-practice. please do reach out for a conversation.*

The sound aspect of the course is the equivalent to the Alchemy Sound Training Level 1 certification offered by Silence & Noise, and is intended to deliver the core knowledge and practical experience for safe integration of sound practice into other modalities. You do not need to have any training in sound healing or therapy to take this course, although we hope you will have some experience of receiving sound healing and awareness of different instruments.



[YOUR FACILITATORS: PRIANCA SHARMA]

Prianca is a teacher of yoga, meditation and a facilitator of healings including craniosacral therapy. A Mysore-trained ashtanga yogi, she has developed a deep love for yin, and also teaches pre-and post-natal yoga. Having spent the past 6 years heading up the teaching faculty at one of India's leading yoga schools where she taught vinyasa, hatha and yin yoga, Prianca is thrilled to be launching her own trainings in 2024.

As an international guest teacher Prianca holds retreats and events across the globe, bringing her powerful voice, love of anatomy and artistry in adjustment to locations including Berlin, Barcelona, Bali and Portugal.

Prianca says:

"I came to yoga with scepticism in my mind and pain in my heart, but yoga was the spark that gave me back everything that I had lost, the stability, the connection and eventually, the seed of happiness which had been uprooted through years of neglect.

It's been twelve years now since I started walking this path of healing. The more I learnt about and integrated these beautiful practices into my daily life, the clearer it was to me that I had found my purpose. To share my experience and knowledge with all those who seek it, to help anyone who asks.

Through body awareness, mindfulness, self introspection and consistent practice we can find freedom from constraints and become who we are truly meant to be. Its good to have you here, I look forward to meeting you one day soon."



[YOUR FACILITATORS: JANIE EVERETT]

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.

Janie is a certified neuroscience coach and has a particular interest in the impact of sound on PTSD, chronic stress and anxiety, ADHD and the neurodivergent experience. She also holds a trauma-informed practice certification.

In addition to her 20 years of yoga practice and 8 as a full-time sound healer, Janie weaves in her multi-dimensional experience in leading global businesses, building startups, hosting large-scale 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 in the UK. She has studied music production with particular focus on recording complex percussion instrumentation, synths and live production. Alongside her teaching and events, she co-hosts wellness retreats curated especially for corporate creatives and entrepreneurs, and consults on sound technology and healing instrumentation for bands and record labels.

Janie has studied 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” published by David & Charles.



THE CERTIFICATION

Yin Yoga Teacher & Level 1 Sound Healing 75hrs

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

From the yoga perspective this is a CPD course and you do need to be a qualified 200hr yoga teacher to receive this accreditation.

If you are not a qualified yoga teacher but would like to join purely for your own practice, you will receive a certificate of attendance rather than an accreditation.

The sound healing practice of the course is Level 1 which is Integrated Sound Healing as opposed to a standalone certification.

You will receive a combined certificate covering both the Yin Yoga and Sound components of the course.



THE COURSE

INTEGRATION IS EVERYTHING

Our course is designed to truly integrate these two powerful practices, and we teach in the way we want you to learn, which is a fully woven and immersive method.

The yin modules will be taught by Prianca, and sound by Janie, with many modules featuring both facilitators holding space in conjunction.

The course is a 75hr accreditation taught over 7 full days. Each day will run from 9am-6pm including breaks, and you will also have the opportunity to join evening practices and sound sessions in the shala.



[CONTINUED]

INTEGRATED STUDY PILLARS

FOUNDATIONAL PRINCIPLES [YOUR ESSENTIAL CORE CONTENT]

PHYSIOLOGY

THE PHYSICAL BODY &
HOW IT WORKS

NEURO SCIENCE

THE VAGUS NERVE &
PSYCOSOMATICS

ENERGETICS

THE VIBRATIONAL BODY
MERIDIANS & CHAKRAS

MUSIC

EXPANDING YOUR
REACH + OPTIMISING
TECHNOLOGY

TECHNICAL SKILLS

HOW TO
ACTUALLY PLAY , PROP
& SEQUENCE

MEDITATION

PUSHING BOUNDARIES
& INTEGRATING
TECHNIQUES

THE ART OF SPACE HOLDING

DREAMWEAVING
INTEGRATING +
CREATING POTENCY

TRAUMA INFORMED PRACTICE

THE ROLE OF YIN
AWARENESS OF
OUTCOMES

SOUND HEALING

MECHANICS,
PSYCHOLOGY &
PRACTICE

Yin Yoga Teacher Training

Introducing the depth and deliciousness of yin, we explore the core patterns, postures and physiology and place them in a wider study of the subtle realms, energy body and meditation practice.

MODULES INCLUDE:

PRINCIPLES OF YIN

Positioning it in wider yoga/movement practice
Introduction to Yin and Sound – how they integrate
Vipassana and Yin as mutual support
Principles of observation and stillness

PHYSIOLOGY

Myofascial release
Mobility & Joints
Muscular expansion

TECHNICAL DELIVERY

Postures and patterns
Use of props?
Sound tools and integrative methods

[CONTINUED]



CROSSOVER MODULES INCLUDE:

NEUROSCIENCE

Vagus Nerve
Psychosomatic Effects of Yin
What happens to the brain during yin

MEDITATION

Yin as a starting – boundaries and self-compassion
Sound as a meditation tool

ENERGETICS

Meridians/Dantian
Chakra System/Nadii
Application to yin and sound individually

ART OF SPACE HOLDING

Integrating the modalities
Storytelling
Curating class themes
Compassion/ethics
Safety and support

TRAUMA RELEASE & HEALING

Anxiety, PTSD, Depression

[CONTINUED]



SOUND HEALING LEVEL 1

**Introduction to Singing Bowls & Sound Healing Percussion
Basic Sound Science : Beginner Musicology**

SOUND HEALING MODULES

SOUND HEALING

The Art of Listening
Mechanics of Sound
Sound Psychology
Practical Skills and Applications

MUSICOLOGY

Notes & chords

DELIVERING SOUND

Purpose of soundtracking
Acoustic vs Digital
Individual Instruments
Technique Clinic

SOUND SCIENCE & PSYCHOLOGY

Binaural Beats
Sound as a mental support



YOUR INVESTMENT



Your 7 day course includes:

- 75 full hours of IRL training
- An extensive training manual for your future reference
- Breakfast and lunch on all training days
- Snacks, filtered water and hot drinks from our cafe
- Premium accommodation in our exclusive onsite wellness centre
- Access to the spa including sauna, steam room and cool plunge tubs
- 4 evening yin classes and 2 evening sound baths as part of the course, plus access to all additional drop-in classes at the resort
- Your fully insurable certification
- 20% off a set of three or five metal or crystal singing bowls from our preferred supplier in India.
- Ongoing access to your facilitators via dedicated student WhatsApp group
- 30 minute follow up call to support your onward progress

YOUR INVESTMENT



INDIA BASED TRAININGS

**Training + private AC room
(8 nights)**

£1500

€1700

₹157k

We do not offer shared rooms in India as our resort only has double/king size beds. If you are signing up as a couple or friends travelling together and are happy to share a bed, please get in touch for a bespoke quote.

Onsite accommodation in India includes the night before your training begins as well as the night it finishes, and is **INCLUSIVE** of breakfast, lunch, snacks, teas (on your training days only) and access to our onsite spa facilities including sauna, steam room, cool plunge and ice tubs throughout your stay.

Please see our accommodation pages for further details/photos.

EARLYBIRD PRICING GIVES YOU £50 OFF (or exchangerate equivalent)

WHEN YOU BOOK AT LEAST 12 WEEKS BEFORE COURSE START DATE

PLEASE NOTE EARLYBIRD PRICING ONLY APPLIES WHEN YOU PAY IN FULL AT POINT OF BOOKING

WE CANNOT GIVE YOU EARLYBIRD PRICING IF YOU DECIDE TO PAY BY INSTALLMENTS

BOOKING TERMS

THESE ARE IMPORTANT AND NON-NEGOTIABLE.

PLEASE READ IN DETAIL

*Confirm your space with a **non-refundable deposit** of £200. Balance is due 6 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 or BACS if you prefer. Balance payments are made direct to our bank account in all cases. 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 will be given.



2025 DATES

(South Goa)

Check in: February 23rd

Training: February 24th – March 2nd

Check out: March 3rd

TO BOOK

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CONTACT PRIANCA

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please make initial contact via
WhatsApp voice note or
message or send us an email

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yoginiprianca@gmail.com





ACCOMMODATION

INDIA

Our trainings are based at our own shala in Agonda, a peaceful palm-fringed village in South Goa, on India's west coast.

For the 2024-2025 season we are excited to be moving to our new bespoke site Alchemy Wellness, which includes 8 beautiful double bedrooms in a solid-walled Portuguese building, right underneath the sound shala.

ALL rooms are en suite and have air conditioning. We have two room levels - with 4 standard rooms on the ground floor, and 4 luxe rooms with balcony access on the first floor.

The building is behind our Rajasthani gates, in a lush tropical lawned garden. The site is currently being decorated and updated images will be available in Sept 2024.

Alchemy Wellness is a 1 minute walk from the pristine white sands of Agonda's famous turtle beach.





A new plant-based cafe will be opening onsite in October 2024, from which breakfast and lunch will be provided throughout the training days, along with 'house' hot drinks, teas and mineral water (some premium drinks may attract a surcharge) for students.

The site also boasts the Alchemy Spa which includes a Finnish sauna, steam room, cool plunge and ice tubs, which students will have access to during their stay. There are also massage and treatment rooms onsite.

Daily yoga, meditation and breathwork classes run in our second shala and students are invited to join our house scheduled classes outside of their training hours at no extra cost. (Workshops and offerings from guest practitioners may attract a charge).

Please note that flights, transfers and insurance are NOT included, nor are dinners. There are many wonderful restaurants a short walk away and we encourage you to explore our beautiful village and it's many jewels.



FLIGHT INFO

Our nearest airport is Goa Dabolim (GOI) – 90 minutes taxi ride away. Goa Manohar/Mopa (GOX) is 2hr30 minutes drive.

Transfers can be arranged with our trusted local drivers at cost.

FAQ

Is accommodation included?

We feel that a residential space holds the group and forges connection as well as supporting us in keeping production and timekeeping seamless and smooth.

So, yes, students stay onsite at Alchemy. If you live locally on a permanent/long-term basis we may be able to accommodate you as a day student – you will need to evidence your residence status/rental terms for this to apply.

Can my partner/friend/kids stay onsite too?

As we allocate rooms on a one student per room basis, if you would like your partner or travel buddy to stay in the room with you, they are more than welcome to do so for a small surcharge (1000rs per night) which will also give them spa access and daily yoga classes if they wish to join. They will be responsible for paying for all their own meals. Guests and partners may not join teaching sessions unless as an invited subject for assessment purposes.

Unfortunately we cannot accommodate children in our rooms as the site is an adult-only facility. If you are travelling with a child, please speak to us for suggestions of suitable local accommodation.

Are meals included?

Yes, it's half board, so your breakfast, lunch and snacks are taken care of by our onsite cafe. You just need sort your own dinner out, and with the countless wonderful restaurants in Agonda, you'll be spoilt for choice.

Do we have to write the essay/assessments during course time?

No! You can do this afterwards, you'll be given a deadline allowing for integration/research time.

How many people are on the course?

10 is our ideal number. The nature of the teaching style and course construction does rely on smaller groups where safe connections develop naturally.

Is there advance reading?

A reading list is shared in your welcome pack, but you're not expected to have read it all, or in advance! We suggest acquiring a couple of the suggested reads to accompany your training.

We also hold most of the reading list on our shala library, which you are welcome to borrow from whilst staying with us/on training.

MORE FAQs

Do I need my own instruments to complete the courses?

No. In fact, it's better to wait until you have completed the course before you start buying as you'll likely find your decisions are influenced by the training.

Am I insured to practice as a sound healer or yin yoga teacher after doing this course?

You will get a certificate specifying Yin Yoga Teacher & Sound Healing Practice Level 1.

Please note this is NOT a sound practitioner qualification (you will need to complete further levels of sound study for this)

You will need to arrange your own insurance, and our certificate will allow you to do this.

