



**NADA BRAHMA**  
Nada Yoga and Garbh Sanskar



**SAMUDRA**

**Nada Brahma Academy of Sound Healing  
&  
Samudra Yoga & Karate Academy- Dubai**

Are you ready to become a

**C E R T I F I E D**

**Sound  
Therapist?**

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**WORKSHOP**

**Jignasha Kulkarni's**



# Sound Healing Training Workshop

## Introduction to Sound Healing

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Sound is the most primordial source of the energy from which the Universe has been created & healing is the process of getting into the harmony on all the layer of our existence to live the life to the fullest.

In this modern era and fast paced lifestyle has brought total revolution in every aspect of life which has made our life smoother but on the other side it has also increased human suffering on various aspects of life that we can see in everyday life. Wherein intervention of sacred sounds can help us to achieve holistic wellbeing & fulfil our life purpose.

Sound Healing is an ancient science & modern energy medicine that can not only heal but helps one to transform their life. In this module you will learn & explore what is Sound & its application for our Transformation & Healing.



# Sound Healing Workshop

(Basic + Advanced)



## :: Course Content ::



## Learn Art and Science of Sound Healing

Welcome to a transformative journey into the world of sound healing with the mesmerizing Tibetan bowls. In this course, we delve into the ancient wisdom and modern science of using sound vibrations to restore balance, promote healing, and ignite inner harmony.

Prepare to immerse yourself in the mystical realm of sound as we explore the art and science behind the transformative power of Tibetan bowls.





## Sound Healing Training Workshop- Dubai

Learn from our expert 'International Sound Healer Trainer Jignasha Kulkarni.

**Botim No - 63554 47333**

**+971 555594070**

**Fee: AED 2,200**

**(Booking Amount: AED 1,000)**

**per person**

**(Includes Basic and Advanced  
Level Training.)**

### **WEEKEND DATES**

**21<sup>st</sup> Feb, 22<sup>nd</sup> Feb,**

**28<sup>th</sup> Feb & 1<sup>st</sup> March 2026**

**Time: 10:00 AM - 07:00 PM**

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### **WEEKDAY WORKSHOP DATES**

**16<sup>th</sup> to 20<sup>th</sup> Feb. 2026**

**Time: 10:00 AM - 04:00 PM**

**Address: Samudra Yoga & Karate Academy  
Opp. Abu Hail Metro Station, Diera - Dubai**



[www.nadabrahmaacademy.com](http://www.nadabrahmaacademy.com)

Nada Brahma Sound Healing Academy

# Group Healing

## Harmonious Connections: Group Healing with Tibetan Singing Bowls

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In the Group Sound Healing module, students will learn how to structure and conduct group sound healing sessions, focusing on the flow of energy and sound vibrations within a group. The module covers protocols for creating a harmonious atmosphere, avoiding common mistakes, and arranging participants and instruments for optimal resonance. Students also explore full moon meditation sessions and adapt sound healing for corporate teams, students, and teachers.





## Self Healing

The Self-Healing module teaches students essential techniques to enhance personal well-being and manage energy effectively. Focusing on self-care, it covers methods for relieving pain, such as using a singing bowl for knee joint pain and other discomforts.

Students will also learn chakra meditation with a single singing bowl, understanding the chakra system's role in supporting physical, emotional, and spiritual health.

Additionally, they will explore techniques for self-aura cleaning and cord cutting using singing bowl vibrations, promoting emotional clarity and energetic renewal. This module provides practical tools for self-healing, fostering a deeper connection with one's energy and overall well-being.





## Online Session



The unique sound healing protocol designed by Nada Brahma Academy is exceptionally effective when conducting online sessions for clients. Providing a thorough understanding of it can greatly enhance the experience for clients. Previous students of Nada Brahma have found that their clients thoroughly enjoy the sessions and find them to be highly enriching. The belief is that by embracing this approach, "You can heal the world," delivering the best possible experience to your clients through online Zoom sessions.

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## Approach on Chronic Diseases & Practical Session



This chronic diseases module provides protocols for addressing various conditions with Tibetan sound healing. It identifies the root causes of diseases, details essential dos and don'ts, and specifies the number of sessions needed for effective treatment. Discover how Tibetan sound vibrations can alleviate symptoms, restore balance, and enhance your journey toward wellness.

# Space Clearing



In this topic, we explore the transformative power of sound to cleanse and revitalize the spaces we inhabit. Through the resonant frequencies of Tibetan healing bowls, we create an environment of harmonious balance, clearing away stagnant energy and inviting in positive, uplifting vibrations.

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# Garbh Sanskar (Education in Womb)



Garbh Sanskar is a Sanskrit term which means “Education in the Womb”. It is believed that a child’s behavioral and mental development begins as soon as he/she is conceived. Garbh Sanskar is basically the process of influencing the mother’s state of mind during pregnancy in such a way to get the desired child.



At Nada Brahma Academy of Sound Healing and Garbh Sanskar, we are pioneers in integrating the ancient practice of Garbh Sanskar with Tibetan singing bowls, offering a unique program that certifies students as sound healers. This specialized module focuses on providing sound healing sessions tailored specifically for pregnant women, supporting them throughout their pregnancy with the combined benefits of Garbh Sanskar and sound therapy.

Our curriculum blends the philosophy of Garbh Sanskar with the therapeutic power of Tibetan singing bowls, helping students understand how sound vibrations can positively affect the physical,

emotional, and spiritual well-being of both mother and baby. The course introduces the traditional Indian practice of Garbh Sanskar, which nurtures the baby's mental, emotional, and physical development in the womb. Through techniques such as sound healing, meditation, and creating a positive environment, students learn how to support the holistic well-being of the mother and foster the future health of the baby.

At Nada Brahma Academy, students are taught a specific protocol on how to use Tibetan Singing Bowls for pregnant women. They are guided through the do's and don'ts, such as:

- **Avoid placing the bowl on the chest or stomach during pregnancy.**
- **The striking frequency should be kept low, between 60 and 70 Hz, to ensure safe vibrations for the mother and baby.**

Different steps and techniques are taught through the protocol to help the expectant mother achieve a deep state of relaxation.

This comprehensive 9-month protocol is designed to ensure a peaceful and balanced experience for pregnant women. Students learn how to guide the sound healing process to address issues such as anxiety, fear of labor, and physical discomfort.



## INTRODUCING OUR EXPERT

# Dr. Jignasha Kulkarni

**Dr. Jignasha Kulkarni** is a renowned International Sound Healer and Trainer, who has unlocked the power of sound healing through her extensive experience and expertise. As the founder of Nada Brahma Academy of Sound Healing and an NGO dedicated to spreading yoga, sound healing, and Marma therapy worldwide, she is on a mission to make healing accessible to all.

With more than 5 years of healing experience, Dr. Kulkarni has provided sessions to patients from diverse fields, including those with paralysis, depression, and various psychosomatic diseases. During the COVID pandemic, she conducted numerous online free meditations to support people during challenging times.

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Dr. Kulkarni's passion for sound healing led her to design a unique technique that enables students to learn sound healing with profound understanding. Professionals from various backgrounds, such as physiotherapists, gynecologists, ayurvedic doctors, homeopathy doctors, yoga practitioners, reiki practitioners, pranic healers, and students, have benefited from her teachings.

In addition to sound healing, Dr. Kulkarni has made significant contributions to the field of Garbh Sanskar. Pioneering Garbh Sanskar with Sound Healing, Dr. Jignasha Kulkarni has revolutionized the healing landscape, offering a unique and transformative approach to wellness. This practice focuses on nurturing the unborn baby during pregnancy, creating a peaceful and loving environment for both the mother and the baby, using the harmonious sounds of Tibetan singing bowls.

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# Assistant Trainers



## Hena Kulkarni

- Working as a Sound Healer
- Yoga Therapist
- Choreographer
- Marma Therapist



## Raksha Patel

- Art of Living facilitator
- Sound healer
- Marma Therapist
- CST Therapist
- Reflexologist
- Access Bars



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## Neeta Dawda

- Art of Living facilitator
- Sound healer
- Marma Therapist
- Yoga Therapist
- Access Bars



# Excerpt from Live Sessions



**90 Pregnant Lady attended these seminar**  
 Date : 7 & 8 Jan. 2022, Place : Santaram Mandir, Nadiyad

**SOUND HEALING Workshop ORGANIZED by**  
**DEVSANSKRUTI UNIVERSITY, HARIDWAR WITH**  
**NAAD BRAHMA ACADEMY of SOUND HEALING**

Inaugurated by Vice Chancellor  
 Shri Sarad Paradhi

Mobile : +91 - 63519 71620, Website : [www.naadbrahma.in](http://www.naadbrahma.in)



SOUND HEALING WORKSHOP ORGANIZED BY  
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**NAAD BRAHMA ACADEMY OF SOUND HEALING**



**Best Wishes & Blessing by**  
**Pro. Vice Chancellor**  
**Shri Chinmay Pandya**



**90 Pregnant Ladies Attended These Seminar**

Date : 7 & 8 Jan. 2022, Place : Santaram Mandir, Nadiyad



# Nada brahma Garbh Sanskar Center



# Certification

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