

SOUND MAGIC IRELAND

Pioneers of the Sound Bath in Ireland • since 2010



THE DATES ARE SET • APPLICATIONS OPEN

TRAUMA-SENSITIVE SOUND BATH FACILITATION TRAINING

A week-long residential in the west of Ireland, this October.

23–29 OCT
2026

7 DAYS
6 NIGHTS RESIDENTIAL

HOLLYMOUNT
CO. MAYO

9
STUDENTS

Dear friend,

You joined our list because you wanted to know when the next training would happen, so here it is, first, before it goes anywhere else.

This autumn we're bringing the training back home to the west of Ireland. We'll spend a week together at The Old Kirk & Manse in Hollymount, Co. Mayo, from **23–29 October 2026**.

Seven days of playing, learning and living together in one lovely old house. We'll spend plenty of time with the gongs, the bowls and the handpan, and just as much on the quieter things: how to listen, how to read a room, and how to hold people gently while you play.

A quick word on why this matters so much to us. This training came out of years of doing the work and caring about it, and out of a simple wish: that sound bath facilitation gets taken seriously and taught safely. We want the people who come after us to learn it properly, and to help raise the standard of this work in Ireland and beyond.

— KASIA & LUKASZ

WHAT YOU'LL LEARN

It's the only sound bath training in Ireland with a trauma-sensitive and neuro-sensitive component, built around real *musical skill and group facilitation skills*. We've been running sound baths for fifteen years, and we teach from that experience.

01 ADVANCED GONG PLAYING & DEEP LISTENING SKILLS

You'll play our whole collection: Paiste planetary gongs, wind and chao gongs, thali gong plates, and gongs from Gandharvaloka. We'll work on how you strike and hold the sound, so it settles people rather than startling them.

02 HANDPAN WORKSHOP

Introduction to the handpan and Ravvast, a lovely melodic instrument you can start using in your own sessions.

03 COMMUNITY DRUMMING

To develop a sense of rhythm and listening.

04 BOWLS & MELODIC INSTRUMENTS

Himalayan singing bowls, sansula, chimes and tuned pipes, so you can find the sounds you like working with.

05 TRAUMA-SENSITIVE & INCLUSIVE FACILITATION

Learning to notice when someone's nervous system is on edge, and gently adjusting what you play so they feel safe and included. So much of this comes down to listening to the people in the room and looking after them.

06 ADAPTING TO REAL SCENARIOS

Working out how to adapt what you play to different groups and settings, rather than following one set formula.

07 THE NERVOUS SYSTEM & THE HONEST SCIENCE OF SOUND

A look at how sound affects the body, including brainwave states and the calming response, with an honest word about what it can and can't do.

08 MINDFULNESS, YOGA NIDRA & HOLDING THE SPACE

Simple guided techniques, and how to stay calm and steady in yourself so you can hold a group all the way through.

"WE'VE BEEN DOING THIS FOR FIFTEEN YEARS, AND EVERYTHING
WE'VE LEARNED IS IN THIS ONE WEEK."

WHY TRAIN WITH US

We're Kasia and Lukasz, and we've been running sound baths in Ireland since the very early days. We can proudly call ourselves pioneers of sound baths in Ireland. We have about 25 years between us, with more than 35 years together across mindfulness, group work, wellbeing and facilitation. We're musicians as well, with a few albums recorded, and we've spent years both in the studio and running sound baths online.

Over the years we've held sound baths for children of all ages, for children and adults with special needs, for mental health organisations, hospices and addiction centres, at international VIP retreats and large festivals, for companies and yoga studios, and for people living with chronic stress and PTSD, alongside our regular public sessions.

And we've turned what many treat as a hobby or a side job into a thriving, full-time business in Ireland. We can show you how it can become your full-time income too.

If you'd like to hold sound baths that feel safe for all sorts of people, this is for you. You'll come away understanding what really helps, what to be careful of, which instruments to reach for, and how to shape a session so nobody is left behind.

That's what we care about most: looking after the people in front of you.

For us a sound bath is not a performance and not a contest in how many instruments you have. It is a space dedicated to people and we always have to keep that in mind to hold it with gentleness, attunement and wisdom.

HOW WE WORK

We care a lot about developing deep listening skills and attuning to the needs of the group, to our own state of mind and to developing skills in using our instruments. We encourage you to find your own way of doing it rather than copying what others do. We'll question some of the myths around sound as we go, and we'll always be honest about what it can and can't do. You're looked after well past the week itself, with five case studies, a mentoring hour, and a small group that meets online once a month for six months, right through to your Sound Bath Facilitator Diploma. Afterwards, you're welcome to stay on with us as part of Attune Academy of Sound and offer you the opportunity for working with us or referrals if we find that the standard of your practice and approach align with ours.

You won't see any accreditation logos on our materials, and that's on purpose. We'd rather you trusted us because you can look at the work we've actually done over fifteen years and check it yourself. We'd honestly encourage you to do the same with any teacher before you sign up for anything. Please be advised that sound bathing is not regulated and accreditation organisations will not guarantee honest and high standard teachers. They only offer a way to market the schools and are not properly checked, which gives a false idea of legitimacy.

THE OLD KIRK & MANSE, HOLLYMOUNT, CO. MAYO



A peaceful restored manse in Co. Mayo, with woodland to walk in, an on-site sauna, and warm, professionally catered meals. Comfortable private or twin rooms, and a place to step out of daily life and simply be with the sound.

Nearest station: Claremorris (we collect you). Nearest airport: Ireland West / Knock, about 30 minutes away.

TUITION €1,800

Two experienced facilitators for the whole week, six full days of teaching, six monthly support and mentoring group sessions online, case-study review and your certification.

PRIVATE DOUBLE, EN-SUITE

€2,910

All-in, with 6 nights' full board in a private room with its own bathroom. Only four, so book early.

TWIN SHARE

€2,730

All-in, with 6 nights' full board in a shared twin room in the stables.

A small group, up to 9 places. We're happy to spread the cost of the tuition over monthly payments. Reply and we'll send you the full info pack.

REPLY TO RESERVE YOUR PLACE



KASIA SLABON

FOUNDER · SOUND MAGIC IRELAND & ATTUNE ACADEMY OF SOUND

We'd love to have you with us in Mayo this October. If anything's on your mind, whether it's the week itself, the pace of it, or just whether it's the right fit for you, write back and ask. It really is us reading and replying.

Email · soundmagicireland@gmail.com

Phone / WhatsApp · +353 85 138 6529

www.soundmagicireland.com