Crystal/Tibetan Singing Bowl Session

Pause. Rest. Reconnect.

A moment of stillness to relax, restore, and return to yourself.

In the rhythm of everyday life, we often move from one responsibility to another without giving ourselves time to pause.

Our Crystal Singing Bowl Session offers a gentle space to slow down, settle the mind, and reconnect with yourself through the soothing sounds and vibrations of crystal singing bowls.

As the resonant tones fill the space, participants are invited to rest comfortably, observe their breath, and simply be—without expectations or the need to do anything.

Whether you're seeking a peaceful moment for yourself, a shared experience with others, or a restorative pause from a demanding schedule, this session invites you to experience stillness in your own way.

What to Expect

- A gentle introduction and mindful arrival
- Guided breathing and relaxation
- An immersive crystal singing bowl sound experience
- A quiet moment for rest and reflection
- Gentle grounding before returning to daily activities

No prior experience with meditation or sound-based relaxation is required.

Who Is It For?

Individuals & Private Groups

For anyone looking to unwind, reconnect with themselves, or enjoy a moment of calm.

Organizations & Teams

A restorative pause during workdays, team wellbeing activities, leadership programs, or corporate retreats.

Hotels, Resorts & Wellness Retreats

A thoughtfully curated relaxation experience for hotel guests, private groups, and wellness programs.

Session Formats

Private Sessions — A personalized relaxation experience for individuals or small groups.

Group Sessions — A shared experience for friends, communities, or organized gatherings.

Corporate & Hospitality Sessions — Adapted for workplace wellbeing, hotel guests, and private events.

Retreat Integration — Available as part of a longer mindfulness, movement, or personal growth program.

Duration: Typically 45 –90 minutes, with customized formats available.

An Invitation to Simply Be

You don't need to achieve anything, change anything, or become anything in this moment.

Just arrive as you are, allow yourself to pause, and experience the gentle invitation of sound and stillness.

Enquire About a Session