



Tibetan Singing Bowl Therapy with Thilini

60 min 6,500rs

An ancient Buddhist technique of sound therapy to heal many ailments insomnia/stress/resentments/negative emotions promotes the balance in sympathetic and parasympathetic nervous system through the healing sounds of singing bowls and other instruments. Leaves one rejuvenated, balanced, happy and stress free.

Thilini Nandasiri lives a love of music and sound. She is a Kundalini and Nada Yoga teacher in addition of been a certified singing bowl therapist.

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