Institute of Natural Medicine

4 days or 7 days

Ancient Singing/Sound Healing Course



You might had heard about sound healing therapy in Meditation session or in the Gumba (monastery) of Nepal “ the birth place of lord Buddha” or had seen the Buddhist monk chanting it on their prayers.

Here, Institute of Natural Medicine offers Ancient Singing bowl Training / Sound Bowls healing therapy. It is a highly valuable himalayas energetic gift to balance our seven chakras for positive transformation. It is also known with several names as Ancient Himalayan sound healing, Kundalini sound healing, Tibetan singing bowl. This is a therapy that has been practiced from the monk of Himalayan region of Tibet and throughout the Nepal.

In Human body the power of sound healing penetrate into a deep Relaxation and transfiguration through our bodies to ease problem suffering from the path of energy blockage. After opening the blockages of the energy lines it allows to restoration the body, mind and soul into peace and

harmony.

If you are planning to come Nepal to get admission for better education in an excellent course regarding to Himalayan sound healing bowls course, then Institute of Natural Medicine is the perfect place to start the training from zero percent knowledge. In Ancient sound healing curriculum, we conduct the complete guide of singing bowls from beginners to advanced level. In Institute of Natural Medicine you will learn entire chapter the trainee need to educated about singing bowls, including how to start singing bowl according to diseases, Singing bowl history, how it effects on human body, its beneficial health effects, and selection of singing bowls according to chakras balance.

3 night & 4 days– 16 hours General Sound healing course

Course fee with accommodation

Private room with private bathroom (Single person) USD 510

Private room with sharing bathroom (single person) USD 475

Please note:- Sharing bathroom are outside & shared only with two rooms

Day 1- Arrival day

9:00 am	Check-in
11:00- 1:00 pm	Sound healing training
1:00- 3-00 pm	Vegetarian Lunch
3:00- 5:00 pm	Sound healing training
7:00 pm	Dinner

From Day 2 to day 4

7:00am-8:30 am	Daily yoga session
8:30 – 11:am	Yogic breakfast & leisure time
11:00- 1:00 pm	Sound healing training
1:00- 3-00 pm	Vegetarian Lunch
3:00- 5:00 pm	Sound healing training

7:00 pm	Dinner

6 night & 7 days- 35 hours advanced Sound healing course

Course fee with accommodation

Private room with private bathroom (Single person) USD 850
Private room with sharing bathroom (single person) USD 795

Please note:- Sharing bathroom are outside & shared only with two rooms

Day 1 Arrival day

9:00 am	Check-in
11:00- 1:00 pm	Sound healing training
1:00- 3-00 pm	Vegetarian Lunch
3:00- 5:00 pm	Sound healing training
7:00 pm	Dinner

From Day 2 to day 4

7:00-8:30 am	Daily yoga session
8:30 – 11:am	Yogic breakfast & leisure time
11:00- 1:00 pm	Sound healing training
1:00- 3-00 pm	Vegetarian Lunch
3:00- 5:00 pm	Sound healing training
7:00 pm	Dinner

From Day 5 to day 7

7:00-8:30 am	Daily yoga session
8:30 – 10:30am	Yogic breakfast & leisure time
10:30- 1:00 pm	Sound healing training
1:00- 3-00 pm	Vegetarian Lunch

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3:00- 5:30 pm Sound healing training

Course details of Sound healing

- Introduction of sound healing?
- History of sound healing?
- Importance of sound healing in today's life
- How to do sound healing work on our Body mind and Spirit?
- Benefits of using sound healing therapy ??
- Playing methods of sound healing??
- Perfect Selection of singing bowls while providing treatment
- Sound healing massage,Sound bath with water therapy, Balancing the chakras and many mores.

Note:- (Cost Includes accommodation, 3 meals a day, Tea coffee & massage session on arrival day)

Availability Dates :- The course starts all year around.

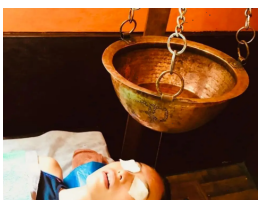
Book Now

Check out other packages



Himalayan Sound Healing

Experience Himalayan sound healing in Kathmandu, using therapeutic singing bowls and vibrations to restore energy flow, balance chakras, and promote deep relaxation and peace.
Explore



7 nights & 8 days Healing Chakra, Meditation & Yoga Retreat

Explore



Meridian Cleansing with Singing Bowl

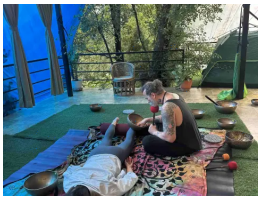
Experience powerful sound healing in Kathmandu with our 1-hour Meridian Cleansing Singing Bowl Therapy, clearing blocked energy pathways and restoring vitality for only USD 25.
Explore

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Crystal Singing Bowl – 7 Chakra Healing

Crystal bowls made from pure quartz produce resonant frequencies that interact directly with your energy centers, helping restore clarity, calmness, and inner harmony.
Explore



Singing Bowl Massage

The Singing bowls are placed on specific areas of the body—back, shoulders, abdomen, feet, and energy centers—and played in rhythmic patterns during Singing Bowl Massage session.
Explore



Comprehensive Sound Healing with Gong, Singing Bowl, Crystal & Mantra

Transformative, immersive & rooted in authentic Himalayan healing traditions — delivered in Thamel.
Explore



Reiki Master (Reiki Level 3) Course

Reiki Master Level aka level 3 reiki offers an advanced, transformative step, expanding your skills through sacred teachings and Nepal’s healing environment, empowering you to embody higher wisdom and guide others with clarity.
Explore



Sound Healing Level One Course

Sound Healing Level One at the Institute of Natural Medicine, Thamel, Kathmandu teaches authentic Himalayan singing bowl techniques, crystal singing bowl work, and basic gong immersion.
Explore



Diploma in Sound Healing – 7 Days

A comprehensive experience combining Himalayan singing bowls, crystal bowls, and basic gong techniques, along with a complementary Reiki or crystal healing session to deepen your learning.
Explore