



Institute of Natural Medicine

1 hour

Himalayan Sound Healing



HIMALAYAN SOUND HEALING SESSION IN THAMEL

Experience the therapeutic vibrations of **Himalayan Sound Healing Bowls** in Thamel, Kathmandu.

During the sound healing session, we use long-lasting **sound vibration bowls** that carry rich frequencies to help **activate your chakras**. Nowadays, sound bowls are recognized for their powerful energetic effects. The **sound vibrations** can reduce anxiety and stress, balance the chakras, and release stagnant energy. For deep relaxation, our [Himalayan Sound Healer](#) works to heal your body and mind, promoting a profound sense of tranquility.

Reconnect with Nature, Rejuvenate Your Chakras



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Step away from the stress and hustle of city life and immerse yourself in the serene natural environment of the **Institute of Natural Medicine**. Nestled in a lush mini-forest in the heart of Kathmandu, our **Sound Bowl Healing Retreat** surrounds you with sacred trees, vibrant plants, and fresh air. Here, every breath and movement is an opportunity to restore balance, revitalize your energy, and enhance your **spiritual well-being**.

Transformative Sound Healing Sessions in Thamel, Kathmandu

Our **sound healing sessions** are carefully designed to help you reconnect with yourself. Whether it is your first time or you are an experienced practitioner, our healer will guide you through **balancing chakras**, **activating energy centers**, and mindful movements that leave you feeling calm, centered, and rejuvenated.

Sound Healing Session for Every Lifestyle

We offer **affordable sound healing sessions in Thamel** every day of the week, perfect for travelers and locals alike. Explore a variety of practices, including:

- **Sound Healing Massage**
- **Gong Baths**
- **Crystal Bowl Therapy**
- **Chakra Balancing** (What is Chakra Balancing?)
- **Guided Sound Meditations**

Practicing in our tranquil outdoor setting allows you to maintain a consistent routine while soaking in the natural beauty around you. It's the perfect way to refresh your mind, energize your body, and nurture your spirit.

Experience Himalayan Sound Healing Session in a Unique Outdoor Studio

Our **outdoor yoga & sound healing studio** in Thamel, Paknajol is unlike any other. Surrounded by greenery, trees, and stunning views of local monasteries and the hills of **Nagarjun National Park**, it provides an inspiring space for your practice. Here, you can experience the transformative power of **Himalayan Sound Therapy**, reconnect with nature, unlock energy, and achieve true harmony between body, mind, and spirit.

Make your [Sound Healing Journey](#) unforgettable—come practice at the **Institute of Natural Medicine**, where peace, nature, and wellness unite.



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Price:

60 min US\$ 25

[Book Now](#)