Institute of Natural Medicine

2 hours

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



Comprehensive Sound Healing Session with Gong, Singing Bowl, Crystal & Mantra (2 Hours – USD 50)

Step into a deeply restorative and immersive **2-hour Comprehensive Sound Healing Session** that blends **gong vibrations**, **Himalayan singing bowls**, **crystal singing bowls**, and sacred **mantra resonance**. Offered at the Institute of Natural Medicine (INM) in Thamel, Kathmandu, this session is designed to harmonize your energy field, release emotional tension, and restore

inner balance through ancient Himalayan sound traditions.

A Deeply Transformational Sound Healing Experience

This session combines four powerful healing modalities that work together to cleanse, align, and elevate your mental, emotional, and energetic wellbeing. Whether you are seeking **sound healing in Kathmandu**, **chakra alignment in Nepal**, or an **authentic Himalayan sound bath**, this integrative session delivers a profound holistic experience.

Gong Healing: Deep Vibrational Release

Gong vibrations reach the deepest layers of the body and mind, helping dissolve energetic stagnation and emotional heaviness. The powerful frequencies reset the nervous system, promote clarity, and induce deeply meditative states.

Himalayan Singing Bowl Therapy: Traditional Nepalese Sound Healing

Handmade singing bowls crafted by Nepali artisans produce calming harmonic tones that soothe the mind, relax tight muscles, and encourage emotional release. This is an authentic experience for those seeking **Himalayan singing bowl therapy in Nepal**.

Crystal Singing Bowl Healing: Pure 7-Chakra Alignment

Crystal singing bowls help restore clarity and balance by resonating with specific chakra frequencies. Many guests report enhanced intuition, emotional lightness, and a renewed sense of inner harmony after this segment.

Mantra Resonance: Healing Through Sacred Sound

The session includes gentle mantra vibrations that purify emotional residue and uplift mental energy. This sacred sound aspect adds a spiritual depth unmatched by physical therapies alone.

What Your 2-Hour Sound Healing Session Includes

The session follows a carefully structured progression:

- Grounding breathwork to prepare your energy field
- Gong cleansing to clear emotional and energetic blockages
- Immersive Himalayan singing bowl therapy surrounding the body
- Crystal singing bowl activation for 7-chakra balance
- Mantra resonance to integrate the healing vibrations
- Final grounding to stabilize your energy before leaving

Many participants experience sensations of lightness, clarity, emotional release, and deep relaxation — a full energetic reset during their stay in Nepal.

Who Should Try This Comprehensive Sound Healing Session?

This healing experience is especially suitable for individuals dealing with:

- Stress, emotional heaviness, or anxiety
- Sleep disturbances or mental fatigue
- Blocked or imbalanced chakras
- Energetic overwhelm after travel or trekking
- A desire for spiritual grounding and inner harmony

Whether you are a beginner or experienced in meditation, this session offers a powerful combination of **gong bath Kathmandu**, **singing bowl healing Nepal**, **crystal bowl therapy**, and **mantra meditation**.

Why Choose Institute of Natural Medicine in Thamel?

INM is trusted by travelers and locals for authentic, high-quality healing experiences. We offer:

- Experienced sound healing practitioners
- Authentic handmade Himalayan singing bowls
- A peaceful therapeutic environment in central Thamel
- Transparent pricing and holistic wellness values
- Decades of healing tradition and expertise

You may also explore related healing sessions at our center:

- **Aura Cleansing with Singing Bowl – 1 hour – USD 25:**
  Cleanse your energetic aura, releasing negativity and restoring vitality through harmonic vibrations.
- **Meridian Cleansing with Singing Bowl – 1 hour – USD 25:**
  Balance and unblock your meridian energy pathways for improved body-mind wellness.
- **Crystal Singing Bowl Session (7 Chakra Healing) – 1 hour – USD 25:**
  Align and harmonize the seven chakras using pure quartz crystal bowl frequencies for holistic balance
- **Singing Bowl Massage – 1 hour 15 minutes – USD 25:**
  Experience a gentle sound vibration massage that relaxes muscles and restores energetic flow.

- **Sound Bath / Distance Singing Bowl Session – 1 hour – USD 25 (min 10 people):** A immersive group sound bath that promotes deep relaxation and collective healing.
- **Reiki Healing Session – 1 hour – USD 20 (often combined with Crystal Healing):**
- Complementary energy healing to amplify relaxation and holistic restoration.

Why Experience Sound Healing in Thamel, Kathmandu?

Thamel's rich spiritual ambiance and INM's authentic Himalayan healing traditions offer an unparalleled environment for sound therapy. Our experienced practitioners use genuine handmade Tibetan bowls to deliver high-quality healing in a peaceful, meditative space.

Conclusion: A Rejuvenating 2-Hour Himalayan Healing Experience

The **Comprehensive Sound Healing Session** at INM is a transformative journey combining ancient Himalayan techniques that cleanse, align, and elevate your entire energy system. At only **USD 50**, it is one of Kathmandu's most enriching and accessible wellness experiences.

Book your session and experience deep harmony, emotional clarity, and renewed inner peace.

Price: US$ 50
Book Now