

Singing Bowl Sound Immersion

Friday, 13 September 2019
at
Soluna Paquis

&

**Info Session for
Joan Hyman
Nepal Retreat &
Trek 21 March –
4 April 2020**

*18.15–19.00 hrs • Sound immersion with
CHF 25 Nepalese Singing Bowls*

Karnesh of award-winning Kamala Yoga Nepal invites you to relax to the sound of authentic Nepalese singing bowls. The vibration of each singing bowl is specifically designed to connect with a specific chakra or system in the body. This sacred and time-tested practice allows you to deeply relax and reset.

*19.15–20.00 hrs • Info Session for Nepal
free Retreat & Trek*

Co-founders Karnesh and Rebecca of Kamala Yoga Nepal look forward to speaking with you about this very special Nepal Yoga Retreat & Trek they are organising together with celebrated international yoga teacher Joan Hyman from 21 March – 4 April 2020. During an entertaining photo presentation and overview of the trip, you will learn what to expect and what the highlights will be. You will have the opportunity to ask your questions and speak with the organisers directly.