

Satori - Music for Bliss

SOUND ENERGY MANAGEMENT SESSIONS



RELAXATION AND DE-STRESSING

- 60-90 min sessions
- Singing bowl energisation
- Stabilisation of subtle body energy through sound
- Sound energy transmission and conversion to *prana* (vital force)
- Natural (internal) stabilisation of mindset and personality

LIVE INSTRUMENTAL

- Meditation using the Handpan
- 60 mins session



YOGIC EXPERIENCE THROUGH SOUND

- 180 mins session
- Singing bowl and live instrumental energisation
- Meditation on yogic chakras using corresponding sounds of the 5 primordial elements
- Energy conversion through *marmas* (reflex points) of the subtle body
- Experience the stillness and effortless bliss through sound



CD PACKAGES FOR PRACTICE

- Tuning session for 60-120 mins required depending on the programme.
- Self practice of pranayama through sound using the CD
- Programmes:
 - **Bhramarika** : 20 mins pranayama for relaxation
 - **Rhythm of Love and Care** : 45 mins - includes use of *manthra empowerment*