

# LAND&ACTIVITY EXPERIENCE

## Mindfulness& Tibetan Singing Bowl



TCE068



*Intellect, Emotion, Body, Essence*, all these elements rule our entire being with specific goals; It may often happen that they are not well-balanced and may badly influence everyday life. Following the tuition of a mindfulness coach and the expertise of a Tibetan singing bowl player, you will probably catch the powerfulness of your essence, freeing the brightest part of your being. The aim of this experience is, indeed, to redify and purify all those elements and to achieve the inner balance and harmony in whatever you do. Filippo, our coach of Mindfulness, will help you pause and enjoy at the maximum the present moment, focusing on your past experiences and empowering your inner self; while Isabella, our beauty therapist, exploring the powerful vibes of the Tibetan Singing Bowl, will create a memorable emotional memory.

Mindfulness is the practice of being aware of your body, mind, and feelings in the present moment, thought to create a feeling of calm. Mindfulness is a skill one develops through meditation or other training. A Tibetan singing bowl is a type of bell that vibrates and produces a rich, deep tone while played. Tibetan singing bowls are said to promote relaxation and offer powerful healing properties. Buddhist monks have long used Tibetan singing bowls in meditation practice. The vibrations that the bowls produce may affect the mind and body. The sounds of the bowls may impact brain waves in order to induce relaxation. They may induce the same psychological effects and benefits as listening to music. The benefits of listening to the bowls may be related to the ancient practice of sound therapy. Some research supports the use of Tibetan singing bowls as a way to promote relaxation and reduce feelings of anxiety.

**Estimated total time for the activity: 1 h and 30 minutes / UPON AVAILABILITY**

PERSONAL SERVICE

€ 150,00

TIPS: we recommend to wear comfortable suits.

All prices are VAT included