



Himalayan Singing Bowls

Sonorous and uplifting, Himalayan Singing Bowls have stood the test of time. Dating back to the Bronze Age, these bowls are still readily sought after for their restorative effects. Traditionally, these were crafted from up to seven different beaten metals so that, when struck, each would reverberate at a different frequency. The intricacy and richness of these harmonies has since been replicated by modern alloys to create complex and powerful resonances. These tonal frequencies work to boost the brain's alpha waves, interrupting negative thoughts and naturally bringing about a feeling of peace.

Singing bowls are made in a range of sizes to offer complimentary harmonies and are played in conjunction to produce a myriad of transcending notes and scales. Whilst meditating, these

Saakalya 
TRAVEL

MAY

22th – 24th

Your Balanced Wellbeing

Bali, Indonesia

JUNE

5th – 7th

Your Artistic Identity

Bali, Indonesia

5th – 7th

Your Indulgent Oenology

Bali, Indonesia

undulating melodies are known to help achieve a higher mental state, free of worry and a sense of detachment from their surroundings.

Though still used in the Himalayas, Singing Bowls have become increasingly popular in the wider world, in part due to the growth and understanding of wellness in general. In addition, new research has shown the benefits of sound therapy and demonstrated the power that these vibrational energies have on the body, even at a cellular level.

Saakalya believes in holistic living, in providing physical, mental and even spiritual wellbeing. In line with this concept, **Saakalya** is working with Christina from Himalayansingingbowl.info to offer a dedicated monthly **Yoga and Singing Bowls session**, affording students a greater depth of relaxation and peace.

JULY

3rd – 5th

Your Indulgent Culinary Masterclass

Bali, Indonesia

AUGUST

21st – 23th

Your Indulgent Culinary Masterclass

Bali, Indonesia

News from Saakalya

Thursdays@Saakalya 21st May 2015

Join us for an evening of casual networking and discussions on wellness. This month's topic will cover Singing Bowls, their uses and benefits.

Click [here](#) for more details.





Yogalicious 2nd and 6th June 2015

As part of its holistic concept, Saakalya introduces healthy, delicious food to complimenting a wellness lifestyle. Following 60 minutes of classic yoga, students will be treated to a freshly prepared 3 course meal.

Click [here](#) for more details.

Yoga and Singing Bowls: 8th June 2015

Our upcoming Singing Bowls session will guide students through 45 minutes of classic Yoga with Alexandra of [Saakalya Yoga](#), before a deeply relaxing [Singing Bowls session](#) with Christina from [himalayansingingbowl.info](#). Leave refreshed and rejuvenated.



Click [here](#) for more details.

Namaste,

Your Saakalya Team

