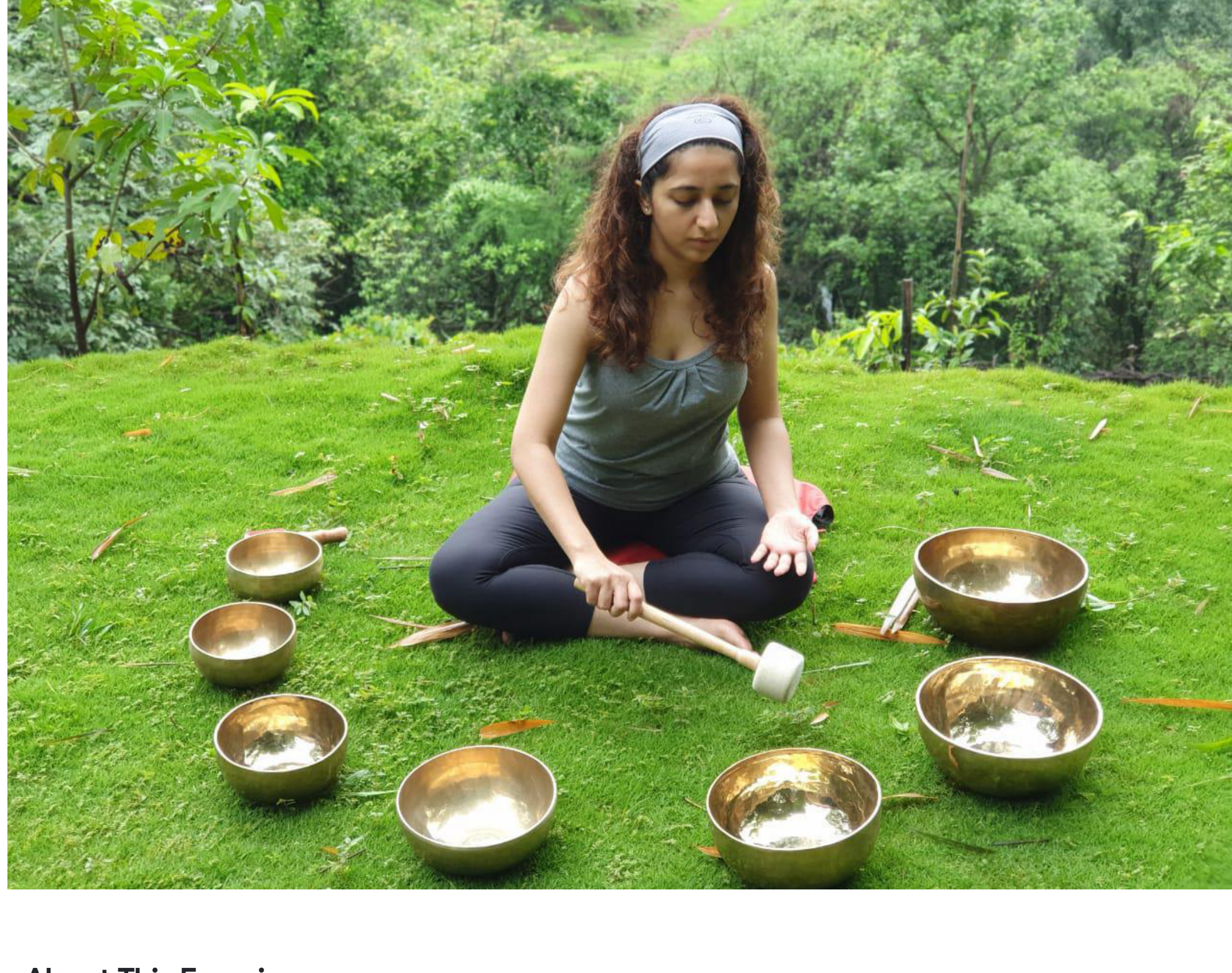


## “ Sound healing through Chakra balancing and Yoga experience”



### About This Experience

“Experience healing, experience harmony!


Did you know that you can heal yourself with various techniques other than popping in pills? Wishfunda brings to you a very soothing experience of healing yourself through chakra balancing and yoga. Chakra is an energy vortex or energy wheel in our subtle body. Yoga is one of the most basic ways to balance our chakras, as the posture aligns with the physical body, our subtle body also gets balanced.

Sound is one of the most ancient techniques used to heal human bodies, it was used even before words and language came to be used as a way of communication. Our bodies respond to frequencies, certain frequencies are therapeutic at emotional, mental and physical levels. Modern medicine has now studied and proven how the ancient sound healing techniques can cure various ailments, break cysts, even cancer cells. It is also a magical aid to emotional and mental disorders such as depression and anxiety. Various shamans and healers used different tools and instruments to create that therapeutic sound. Monks since ancient times used the Tibetan singing bowls for healing and meditation.

So what are you waiting for? Come join us in helping you HEAL in the most natural way!”


### Highlights

- You will be taken through a unique experience of healing energies through yoga and the tibetian singing bowls. It will include yogic postures focusing on chakra alignment followed by sound healing meditation.
- Information regarding chakras and how it works will be explained.
- How our bodies respond to certain frequencies and why is it therapeutic, will also be explained.
- She will help you in balancing your chakras in your subtle bodies, which are along your spine through various yogic postures.
- She will then use the powerful healing frequencies created in the sound therapy/sound healing session for your healing.
- You will learn and take home various techniques of meditating and basic chakra balancing yogic postures to be able to continue the experience at home by yourselves.
- Please avoid alcohol consumption before the session.
- You must wear comfortable clothes.
- You need to bring along your own yoga mats.
- The medium of language in which the session will be conducted will be English and hindi.
- Min 2 to max 12 people can book the experience.




**Experiences :**

Adventure And Sports   Music



**Accommodation :**

Stay Not Included



**Location :**

koregaon park

## INCLUSIONS AND EXCLUSIONS

### EXCLUSIONS

- Yoga Mats

## BOOK NOW

### Pricing

“ Sound healing through Chakra balancing and Yoga experience”

₹ 3015 /- PerPerson

Book Now

Key Contact Person : ( 9511896924 )

## PLAN IN DETAIL

### What will we do?

yoga   music therapy   music   chakra balancing



**Travel Not Applicable**



**Stay Not Included**



**Meals Not Included**

- You will be taken through a unique experience of healing energies through yoga and the tibetian singing bowls. It will include yogic postures focusing on chakra alignment followed by sound healing meditation.
- Information regarding chakras and how it works will be explained.
- How our bodies respond to certain frequencies and why is it therapeutic, will also be explained.
- She will help you in balancing your chakras in your subtle bodies, which are along your spine through various yogic postures.
- She will then use the powerful healing frequencies created in the sound therapy/sound healing session for your healing.
- You will learn and take home various techniques of meditating and basic chakra balancing yogic postures to be able to continue the experience at home by yourselves.
- Please avoid alcohol consumption before the session.
- You must wear comfortable clothes.
- You need to bring along your own yoga mats.
- The medium of language in which the session will be conducted will be English and hindi.
- Min 2 to max 12 people can book the experience.

### HOW IT WORKS?

- 1) Discover/ Find
  - Find unique and extraordinary experiences by Ustads as per your areas of interests or location.
- 2) Book & Schedule
  - Book the experience you like by paying through a safe and secure payment gateway.
  - We would be taking down the preferred date and time slot from you and help you get a date for the experience delivery as per mutual convenience.
- 3) Enjoy
  - Enjoy the experience.

## ADDITIONAL INFORMATION

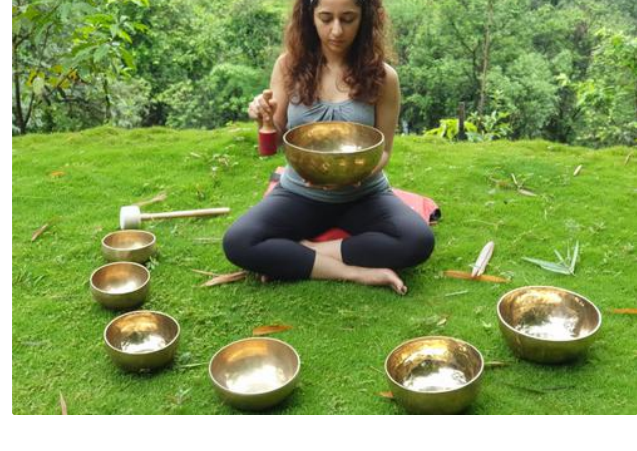
Bhavana Sharma has been studying Pranic healing for 3 years and is certified by the Institute of Inner Studies in Phillipines. She also is a Arhatic Yoga practitioner, which means she has an in depth knowledge and experience with the chakral system in our bodies with this no-touch method of alternate therapy. She also is a Sound healer and thus brings her expertise with chakral balancing with the tibetian singing bowls. Bhavana is also a certified yoga Wellness Instructor(level 2) by the Ministry of AYUSH and thereby brings to the table interesting yogic postures again specific to chakral balance and alignment

## CANCELLATION POLICY

As the bookings are accepted by respective hosts/ustads, who would be devoting their valuable time , the bookings are non refundable. However we would be glad to reschedule or transfer the bookings to any other person, with the consent of the host.\*

Conditions apply

## GALLERY



## ABOUT YOUR HOSTS



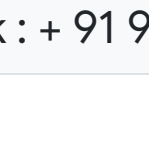
### Our Story : WishFunda

WishFunda is a marketplace for wishful experiences, which are enjoyable and enriching at the same time. From unique experiences and offerings with the local professionals to the celebrated and applauded Ustads (Experts) of their specific domains and expertise.

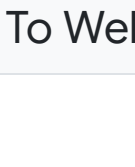
The Funda is to provide Customers with exciting and extraordinary experiences. One can engage with Artist, musicians, chefs, photographers, designers and others who inspire shared interests. Hence, creating lasting memories.

We believe, life is all about unique and wishful experiences today which create great stories to share tomorrow.

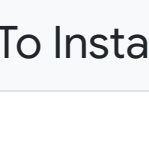
So what is your Wish today?



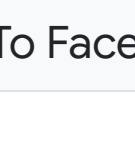
Helpdesk : + 91 9511896924



Go To Website



Go To Instagram



Go To Facebook



thewishfunda@gmail.com