

Himalaya Singing Bowl basic certificate course

with Santa Ratna Shakya
November 4-5th, 2017 Nepal

About the course:

Singing bowl is a handmade metallic bowl made from special alloy of: copper, tin, iron, lead, gold, silver, mercury. Its sound is produced either by striking the surface with a mallet or the back of a fist; or by stroking or rubbing the bowl rim with a special wooden stick coated with velvet or leather. A singing bowl resonates long sustaining overtones, undertones, and reverberates delicate yet intense harmonic tones and sound Vibrations.

Anyone can make a sound with a singing bowl with ease. Probably because of its simplicity and the pleasing ambience that it naturally creates. It helps to neutralize, balance and relax our body, mind and spirit via its sound and vibration working through our energy point (Chakras). Singing bowls are for healing, relaxing, musical, business, educational, religious and severe other purposes.

Students will learn vibrational techniques and handling and playing singing bowls in different ways like: Chakra Therapy and cleansing, singing bowl balancing with water, meditation with bowls (chanting) sound. Chinese interpreter will involve into this course.

“One singing bowl is a treasure, a set of bowls that sing together is a Miracle”

Singing bowl course module:

Basic course: Dealing with basic day to day minor to major issue including migraine, headache, stomach pain, menstruation problems, muscle cramp, breathing issue, joint problems and much more.

Advance course: Dealing with complex issues depending upon the requirement of treatment from person. One on one teaching or group teaching provisions are available.

Date: November 4-5th, 2017

Place: Lake view resort , Pokhara, Nepal

Classroom: conference hall in Lake View Resort (All trainees must arrive Lake View Resort" <http://www.lakeviewpokhara.com> in Pokhara, Nepal on November 3rd. You have to pay the transportation fee to Pokhara, for details and transportation to Pokhara, please contact sonamnep@gmail.com, and note "singing bowl, santa & laura".)

Outline of the course:

- Relaxing therapy with 7 bowls: relaxation of the mind and suspending the body on vibration.
- Balancing Therapy with 4 bowls and tingshaw: to treat conditions of stress, depression, insomnia, hypertension.
- Ear and Sinus relief: Treatment of Tinnitus and Sinusitis.

- Sacral relief: for relief from migraine, muscular cramp pain, treatment of irregular menstruation cycle.
- Backache relief: for pain relief of backbone, spinal cord, knees and all the joints.
- Pregnancy: For healthy baby and mother.
- Headaches: For treating tension and headaches caused from bumps or injury.
- Cleansing the space: cleansing personal and therapy space.
- Protection from negative energy, cleansing the aura, clarity of vision.

About the teacher:



Santa Ratna Shakya is a 3rd generation Singing Bowl Maestro with an important legacy bearer of the Kassa minority from the traditional metals artisans of Nag Bahal in the ancient Newari city of Patan in Kathmandu Valley. Kassa was a title bestowed to the traditional Newar metal artisans for their highly specialized and well-preserved art of working with Kassa which literally means a seven-metal alloy.

He has already travelled half of the countries across the globe teaching sacred and precious singing bowl healing therapy to thousands of students from the world continues to put his energy to what he believes in impart peace, love and education.

This precious knowledge and practices he continues to teach around the world is linked to the principle of achieving physical and spiritual peace through the meditative and healing aspect of the sound. At his foundry, therefore, maintaining the sound quality of each hand picked singing bowl has always been the core objective. Attaining a clear light requires a pure mind; attaining a clear sound requires pure metals. The humble warmth one feels at the presence of Santa, and the deep resonance one experiences from his latest invention of the Full Moon Singing Bowl stands witness to this.

Mr. Santa has already worked with many artists and musicians from Nepal including Aani Choying Drolma and has 8 best seller meditational album under his name : Clear light, Open mind, The path, Bhougolic Awaz, Dreams of sound, Vision of Third eye, Dhyana, Dhyana aman. He has a book written after him by the name "Singing bowl tuning the mind healing the body" and many written around the globe including college thesis paper and so much other.

Mr. Santa Ratna Shakya's amazing skills and wide knowledge of singing bowl playing, let me experience another style of Samadhi. ~ ~ Laura Lamo

Tuition:

USD440 (include tuition, interpreter, certificate, 3-5 Nov Deluxe single room three nights)

USD400 (include tuition, interpreter, certificate, 3-5 Nov Deluxe double shared room three nights)

For Register :

Filling the register form <https://goo.gl/Ey66u1>, Submit, then you will get a notification letter, please transfer via Paypal.

Note:

- This course requires a minimum of 8 students.
- For the trainees who only with 100% attendance and completion of the course will get the certificate. Please prepare two photos (passport size) for the certificate in advance.

- No refunds for cancellation starting 4 October 2017.
- Valid refunds are subject to USD120 will be deducted from your refund. Due to November is the hit season in Nepal, we need to pre-paid the transportation and accommodation for you in advance.

More info, please contact: lauralamo@hotmail.com