

Sound Healing Therapy in Kathmandu

URL: <https://himalayan360.com/trip/sound-healing-therapy-in-kathmandu/>

Start / End Point

Thamel/Thamel

Duration

60Mins A

Destination

Nepal

Per Person From

USD 40

Group Size

1 - 20

Best Season

All Season

Activities

Sound Healing and Therapy

Transportation

N/A

Meals

N/A

Difficulty

Easy The trip is easy and suitable for everyone, including children and older people. It does not require any skills in mountain climbing or traversing difficult terrain.

Signature Experiences of Sound Healing Therapy

- Lie back, close your eyes, and let the calming tones of singing bowls, gongs, and chimes fill the space.
- Feel soft sound vibrations move through your body, easing muscle tension and bringing a sense of balance.
- Shift into alpha and theta brainwave states where thoughts quiet down, clarity shines through, and relaxation feels heightened.
- Notice stress melting away, leaving space for a brighter mood and a calmer outlook.
- Experience techniques inspired by ancient traditions that harmonize your energy and promote inner harmony.
- Let the rhythms of sound guide you toward deep, restful sleep that renews both mind and body.

Sound Healing Therapy Itinerary

Day 01: Sound Healing Therapy Session

- **Session Duration:** 60Minutes Approx.

The sound healing therapy session begins after you meet with our team. Our team will welcome you, and then they will provide a brief introduction. This is a time to settle in, meet the practitioner, and learn a bit about the Singing Bowl and Sound Healing session ahead. After that, you will be guided into the main therapy room. It is a 1-hour sound therapy session designed for deep relaxation and healing.

You will take part in 5 techniques: Deep Relaxation, Seven Chakras healing Sound Bath session, Sound Massage, head Therapy, and Gong Bath. The session ends with a few quiet minutes for reflection, giving you time to return to the present. Our team will be there to answer any questions you have.

Sound Healing as a Perfect Answer to Modern Spiritual War

Nowadays, the definition of success is all about being able to afford luxurious materialistic things (*designer clothing and handbags, expensive jewelry, luxury vehicles, big houses and equipment, etc*). And society also measures people by material things. Hence, people are constantly chasing success day and night. The alarm clocks ring earlier, the schedule is packed every day, there is no time for meals, streets are crowded with restless footsteps, and glowing screens fill every spare moment.

Between the desire to get more and the fear of having less, silent struggles are also growing – sleepless nights, thoughts that never stop, and hearts, minds, and bodies that never truly rest. This hidden tension doesn't go away, no matter what achievements we made or what material comforts we bought. Over time, we start to forget what peace even feels like.

Luckily, *there is a way to let silent battles go away. There is a way to let the constant noise fade and hear something softer and closer to the truth we have always known. A sound therapy session does that.* It doesn't fight stress with more struggle, but it soothes it through resonance. It bypasses the busy thoughts and connects with the part of you that longs for balance. Its sounds and vibrations reach deeper than words, rejuvenating the mind, spirit, and body without force. There's no need to rush, achieve, or prove anything, only an open invitation to feel the power of sound and to remember what peace feels like.[view](#)

Trip Include and Exclude

Includes

- Deep Relaxation
- Seven Chakra Healing Sound Bath
- Sound Massage
- Head Therapy
- Gong Bath

Excludes

- Transportation to reach the spot
- Food and drinks
- Dress to wear during the therapy session (comfortable cloth is fine)

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 70
2 - 2	USD 50
3 - 20	USD 40

FAQs for Sound Healing and Therapy Session

What happens during a sound healing session?

During a sound healing session, you lie down comfortably while the practitioner plays instruments like Tibetan singing bowls or gongs. The sound waves and vibrations move through your body, calming your nervous system, balancing your chakras, and releasing stored tension.

Is a sound healing therapy session safe?

Sound healing is safe, but it may not suit everyone. Some people may feel temporary discomfort like dizziness, emotional release, or mild headaches after a session. Likewise, people who have sound sensitivity, epilepsy, or certain mental conditions. The intense tones of gongs or bowls may feel overwhelming.

Who should not do sound therapy?

Sound therapy is not recommended for:

- Pregnant women in their first trimester (due to sensitivity to strong vibrations)
- Individuals with pacemakers or implanted medical devices, as vibrations may interfere
- People with epilepsy or sound-triggered seizures
- Those with severe mental health conditions (unless guided by a professional)

How long does sound therapy take to work?

Many people feel relaxed and lighter after just one session of sound therapy. But deeper healing takes multiple sessions. For long-term stress, anxiety, or energy imbalances, a series of weekly or bi-weekly sound healing sessions may be necessary.

Can I do sound therapy at home?

Yes, you can practice sound therapy at home using singing bowls, chimes, or guided sound bath recordings. When you play a bowl for a few minutes each day, it helps calm your mind and clear your energy. However, a professional sound healing session in Nepal or with an experienced practitioner can provide a much deeper and more immersive experience, especially for chakra alignment and emotional release.

Background of Sound Healing

Sound healing has been around for thousands of years. In ancient times, sages, spiritual masters, and enlightened communities used sound to support both physical health and spiritual growth. People also saw sound as a creative force of the universe. They used it in rituals, ceremonies, and meditation to bring balance and promote healing.

During ancient times, different cultures used sound in unique ways. The Egyptians used musical chants to treat illnesses. Native American tribes used specific sounds to restore balance and health. Whereas, in India, practitioners of Nada Yoga utilized sound vibrations to calm the mind, reduce stress, and support spiritual development.

Likewise, there are some key figures that shaped modern sound healing. The Greek philosopher Pythagoras, known as the “father of music,” was the first to use music as a tool for healing. In 1839, Heinrich Wilhelm Dove studied the effects of binaural beats on the brain. Later, in the 1950s, Sir Peter Guy Manners, a British osteopath, created a machine that produced therapeutic sound vibrations to help heal the body at a cellular level.

Science Behind the Working of Sound Healing

Sound therapy works by using vibrations to bring balance to the body and mind. We already know that everything in the universe, including our bodies, is made of vibrations. When sound waves from instruments like singing bowls, gongs, or tuning forks reach us, they create vibrations that travel through the body and affect us on a deep level.

These vibrations calm the nervous system, stabilize emotions, and reorganize brain activity. The brain receives the sounds through the ears, processes them, and links them to memories and emotions. Certain sounds can even influence brainwaves and encourage deep relaxation, focus, or mental clarity.

During a session, you may lie down or sit while a practitioner plays sound healing instruments or chants. The vibrations and harmonics from these sounds flow through your body and then help release tension, reduce stress, and restore a sense of balance.

Chakra Healing and Singing Bowls

Chakras are energy centers within and around the body. They originate from Hindu and Buddhist traditions. There are hundreds of chakras. Among them, seven primary ones run along the spine. These

seven primary chakras play a key role in keeping energy flowing smoothly. When a chakra gets blocked or unbalanced, it can cause emotional, mental, or physical issues. For example, an imbalance of the Root Chakra can cause anxiety and fatigue. Likewise, if you are feeling out of alignment with the Sacral Chakra, you feel frustrated and struggle with emotions.

And Singing bowls help heal and realign chakras by producing sound waves and vibrations that match each chakra’s natural sound frequency. These vibrations help the chakras self-correct and restore balance. Many practitioners use Tibetan singing bowls tuned to the C major scale, so each note (C, D, E, F, G, A, B) corresponds to a chakra. But any singing bowl can be used as long as they are played with intention.

Look at the table below to know about each chakra’s specific color, location, and musical note.

Chakra	Location	Musical Note	Color	Main Focus
Root Chakra (Muladhara)	Base of the spine	C	Red	Grounding, stability, security
Sacral Chakra (Svadhithana)	Lower abdomen	D	Orange	Creativity, passion, relationships, emotions
Solar Plexus Chakra (Manipura)	Upper abdomen	E	Yellow	Personal power, confidence, self-esteem, determination
Heart Chakra (Anahata)	Center of chest	F	Green	Love, compassion, empathy, emotional balance
Throat Chakra (Vishuddha)	Base of throat	G	Blue	Communication, self-expression, truth
Third Eye Chakra (Ajna)	Between eyebrows	A	Indigo	Intuition, imagination, awareness, clarity
Crown Chakra (Sahasrara)	Top of head	B	Violet	Spiritual connection, inner peace, higher consciousness

A Sneak Peek into a Sound Healing Therapy Session

At Himalayan 360, we offer 60 minute (1 hr) Singing Bowl and Sound Healing Therapy in Kathmandu designed to refresh your mind, body, and spirit. Our session consists of 5 different powerful techniques. These techniques help you relax deeply, balance your chakras, and experience true inner harmony. The techniques include:

- 1. Deep Relaxation:** The session begins with the gentle vibrations from Tibetan singing bowls that guide you into a calm state. This melts away stress and prepares you for deeper healing.
- 2. Seven Chakra Healing Sound Bath:** It is a core part of the session. Each chakra resonates with specific tones, and the sound bath helps clear blockages, restore balance, and harmonize your body’s energy centers.
- 3. Sound Massage Therapy:** The vibrations from the sound bowls placed on or near the body will be used to gently “massage” your body, releasing tension and promoting well-being.
- 4. Head Therapy for Clarity:** This technique focuses on specific sound therapy for the head to release mental fatigue, reduce stress, and bring clarity to the mind.
- 5. Immersive Gong Bath:** The session ends with the deep, resonant tones of the gong, washing

over you like a wave of energy to seal the sound healing experience and leave you fully recharged.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal