



GYM

Singing Bowls Meditation



Singing bowls, also known as Himalayan bowls, produce sounds which evoke a deep sense of relaxation. The bowls are a quintessential aid to meditation and help the body to melt away the stress of day-to-day life. Join us for a rejuvenating experience.

Mondays

6:30 p.m. – 7:30 p.m.

Member: \$15

Guest: \$20

ABOUT THE COACH

Owner of The Singing Bowl Gallery Christina Shiu is a sound healer and Himalayan Singing Bowl specialist. She conducts Sound Meditation and private Sound Healing Therapy with Himalayan Singing Bowls in Tibetan format and sequences. She acquired the traditional Tibetan sound healing methods from Nepali masters and has conducted Singing Bowl Meditation at retreats and private / corporate groups.



Registration required; a 48-hour cancellation policy applies

Members may offset admission price from Group Fitness package

For more information or to register, please drop by Sports Counter, call 6739-4312 or email sportscounter@amclub.org.sg.