



SEASIDE SOUND HEALING JOURNEY AT KARMA KANDARA

Featuring Liz - Tara Sundri Kaur

You are invited to experience a once-in-a-lifetime seaside Sound Healing Journey at our seaside Yoga Bale at Karma Kandara. Also known as a Gong Bath, during your group sound healing, Liz - Tara Sundri Kaur uses a variety of singing bowls, gongs, drums and instruments combined with live chanting of mantras.

You don't need to do anything - lie down, fully relaxed with eyes closed and let the amazing sounds wash over and through you. Sound healing is used to improve sleep, lower stress and blood pressure and leads you gently into a space of pure bliss, meditation and restorations - sound healing is one of the most amazing experiences you'll ever try.

ABOUT THE SOUND HEALER

Indonesian-born Liz - Tara Sundri Kaur is a talented sound practitioner who hosts incredible group and private Sound Healing Journeys. She has a background in sound and mantra and has worked for the renowned Pyramids of Chi as a sound healer assistant and is now hosting Light and Sound Vibrations. (LSV). She is currently studying Kundalini Yoga.

Complimentary for in-house guests/Outside guests IDR 150,000++

Price are listed in '000' Indonesian Rupiah and subject to 10% service charge & 11% government tax

WE CREATE... WELLNESS

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Featuring **Liz - Tara Sundri Kaur**

MARCH, SUNDAY 15th From 5 - 6 pm • Yoga Bale	APRIL, WEDNESDAY 8th From 5 - 6 pm • Yoga Bale
MAY, THURSDAY 7th From 5 - 6 pm • Yoga Bale	JUNE, FRIDAY 5th From 5 - 6 pm • Yoga Bale
JULY, SATURDAY 4th From 5 - 6 pm • Yoga Bale	AUGUST, WEDNESDAY 5th From 5 - 6 pm • Yoga Bale
SEPTEMBER, WEDNESDAY 2nd From 5 - 6 pm • Yoga Bale	NOVEMBER, SATURDAY 28th From 5 - 6 pm • Yoga Bale
DECEMBER, TUESDAY 29th From 5 - 6 pm • Yoga Bale	

Complimentary for in-house guests/Outside guests IDR 150,000++

KARMA SPA @ KARMA KANDARA

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