



How to Heal with Singing Bowls: Traditional Tibetan Healing Methods

Suren Shrestha

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The expanded edition of this popular book will include 20 new techniques for using singing bowls, covering the use of one or two bowls for treating conditions such as insomnia, neck and shoulder tension, and muscle cramps throughout the body. Other new material includes methods for using the bowls with yoga postures, massage, and heated herbal therapy packs to increase energy flow and balance, and promote relaxation. There will be 20 new photographs to illustrate the techniques. This remains the only book on the market with step-by-step instructions for the therapeutic use of these bowls. Much of the new information in this edition was requested by readers of the first edition and students in the author's many classes.

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