



## Sound Bathing Healing Workshop Every Thursday at 11:00am

At Six Senses Spa at Elounda SA Hotels & Resorts we are passionate about holistic approaches to wellbeing and beauty.

Allow the sacred sounds to reverberate to your innermost  
A transcendent experience not to be missed

The powerful vibrations from the singing bowls induce alpha & theta brainwave patterns that calm & regulate the nervous system & transmit frequencies that enable the body to rest, restore & heal on a cellular level.

Grit uses a combination of Himalayan Singing bowls, Sansula, energy healing & voice to complete harmonization of body, mind, and spirit.

Duration: 45 minutes

Price: Complimentary

Maximum number of participants: 8 people  
At  
Six Senses Spa

**Private Sound Healing session available at the price of 115 Euro.**  
Book your private session at Six Senses Spa or directly with Grit.

**Six Senses Spa at Porto Elounda Golf & Spa Resort**  
72053 Elounda, Crete, Greece

T: +30 284 106 8060 | E-mail: [mgr-elounda-spa@sixsenses.com](mailto:mgr-elounda-spa@sixsenses.com) | [www.SixSenses.com](http://www.SixSenses.com)

2022