



THE DATAI  
LANGKAWI

# Serenity

The Datai Well-being Series



Christina Shiu  
Singing Bowl and  
Sound Healing  
Practitioner  
7 - 14 October 2023



**CHRISTINA SHIU**

**Singing Bowl and Sound Healing Practitioner**

Christina Shiu is a singing bowl specialist and founder of The Singing Bowl Gallery in Singapore. She has been conducting and teaching Singing Bowl Sound Healing Therapy and Singing Bowl workshops for over nine years.

These therapies employ sound healing in which sound and vibrations permeate the body to restore peace and harmony. They are also thought to offer powerful healing properties. Christina's teachings are rooted in the practices of the world-renowned Singing Bowl Masters, Santa Shakya and Shree Shahi.

Christina also specialises in training and has been invited to train spa practitioners in luxury hotels around the region.

**Join Christina Shiu for a complimentary 60 minute class at The Nature Centre.**

You are invited to learn more about the singing bowl therapy and experience how it can restore peace and harmony to the body.

Sat, 7 Oct | Wed, 11 Oct, 15:00 hrs



## **PERSONAL THERAPIES**

### **Chakra Energy Healing**

**(45 mins) - MYR 620\* 1:1 session**

#### **Holistic Pavilion**

Feel the vibrations wash away your stress and tension. Allow the sound waves to take you to the theta brainwave state where self-healing occurs. In this therapy, 7 singing bowls will be placed around you, aligning to your specific chakras. Christina will play them according to a sequence that has been practiced by a lineage of singing bowl healers for over 200 years. This energy healing therapy will bring your being and energy back in balance. It is also known for easing anxiety, depression, burn out, insomnia and emotional pain.

### **Singing Bowl Back Therapy**

**(45 mins) - MYR 620\* 1:1 session | MYR 1,150 1:2 session**

#### **Holistic Pavilion or in-room**

The large singing bowls are excellent for introducing vibrations in our body. In this therapy, Christina will apply the Nirvana or Full Moon singing bowls on specific parts of the body to deliver fine vibrations to your bones, muscles and joints. You'll feel ripples of vibrations running all over your body, clearing fatigues and stagnant energies. This therapy is best for relaxing the body, relieving body aches and back pains.

*\*All prices exclude 10% service charge*



## **GROUP THERAPY**

### **Singing Bowl Sound Bath and Meditation**

**(60 mins) - MYR 190 per person\* (Up to 8 people)**

#### **Holistic Pavilion**

Share an extraordinary wellness experience with friends or family during your stay at The Datai Langkawi. In this session, you'll lie down comfortably and relax into the sound and vibration of the singing bowls and gong. The sound and vibration will take you to the theta brainwave state to clear mental blocks and kick start the self-healing mechanism. You will wake up lighter, fresh and rejuvenated each time. This is the energy care that brings you calm and clarity.

*\*All prices exclude 10% service charge*