



How to use
A SINGING BOWL
in your personal
YOGA routine



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Sukhasana (Pleasant Pose)



Welcome!

I honor the place in you where the entire Universe resides. I honor the place in you where lies your Love, your Light, your Beauty and your Truth. I honor the place in you where, if you are in that place in you, and I am in that place in me, then there is only One of us.

*Namaste's definition, as cited by
Gandhi and Leo Buscaglia*





Bhujangasana (Cobra Pose)

Whether you are brand new to yoga, have some experience, or embrace its benefits fully, we say “Welcome!” It’s wonderful that you are preparing to recognize the benefits of having an at-home yoga practice to exercise your

- Body
- Mind
- Soul

Yoga is a word of Sanskrit origin that literally means union. It most commonly includes elements of self-awareness centered on breath control, simple meditation, and specific bodily postures. It is enjoyed by over 300 million practitioners worldwide [statistic found at <https://www.thegoodbody.com/yoga-statistics>] as a way to promote health and relaxation simultaneously.

Yoga continues to rise in popularity in all cultures, not just those from the East. Additionally, it draws interest because of its proven results in:

- Stress relief
- Joint mobility
- Flexibility
- Toning
- Core Strength

If you desire these benefits, the information in this eBook is here to help you. We’re excited to share many aspects of the practice of yoga with you, as well as how your singing bowl is an important part of this entire experience. Each point we touch upon is designed to help you make the most of your adventure into this amazing space of tranquility and wellness. Enjoy!

Chapter 1

EVERY DAY IS YOGA

*The very heart of yoga practice is “abhyasa,”
steady effort in the direction you want to go.*

Sally Kempton





Shavasana (Corpse Pose)

For many years, people were told a myth about yoga that did a great disservice to their wellbeing. It is not a form of exercise you do to become a body contortionist, or to be able to walk down a city street on your hands. Can you do these things with a disciplined yoga practice? Yes, if that is your goal. But there are other ways to achieve those same goals. With physical yoga, the goal is quite different. It is to bring balance to your body, mind, and soul by linking breath and movement. The results can be amazing, or even life-changing, when you allow yoga to work as it has been intended to for centuries.

In this chapter, we are going to cover two important foundational topics, which are:

- The eight limbs of yoga
- The benefits of asana

By understanding these better, your at-home yoga experience will gain the depth and meaning required to help you do more than simply realize the benefits. You'll experience them, too! Imagine that feeling as an invigorating breeze filled with beautiful scents flowing around you, while the serene sound of a singing bowl indulges your senses. Sounds lovely, doesn't it? You can find this type of serenity in your daily at-home yoga practice, which means when you are within the walls of your home, you'll always be prepared to tap into yoga's benefits.

THE 8 LIMBS OF YOGA

The eight limbs of yoga are not all your physical body's limbs. They are extensions of the practice that are an important part of embracing yoga fully.

- 1. Yama:** This refers to restraints and moral discipline.
- 2. Niyama:** This refers to positive duties and observances.
- 3. Asana:** This is your posture.
- 4. Pranayama:** Many yoga breathing techniques are encompassed in this term.
- 5. Pratyahara:** This refers to sense withdrawal, which is attached to the importance of meditation.
- 6. Dharana:** This is the term used to define your focused concentration.
- 7. Dhyana:** This is referred to as your meditative absorption.
- 8. Samadhi:** This is the term for a blissful or enlightened state

Each of these limbs of yoga is important and contributes to the radiating, energizing purpose of the movements. For you, someone who is starting the practice of doing yoga at home, the most important of the eight limbs to focus on first is that of asana. The benefits of focusing on your posture during this exercise (yes, it is an exercise, although its after effects are calming) are immense.



THE BENEFITS OF ASANA

B.K.S. Iyengar said, *“It is through the alignment of the body that I discovered the alignment of my mind, self, and intelligence.”* In relation to asana, which is the yoga term used for your posture, you will learn about the important role it plays and how the other seven limbs of yoga respond to the movement, as well as ensuring you are safely engaged and practicing the yoga techniques you choose to do at home.

Within asana, there are four areas that make up the whole of its value. These areas are:

- Flexibility
- Strength
- Balance
- Anxiety Release

Let’s go through these areas individually.

FLEXIBILITY

When your joints have a greater range of motion, they require less energy to operate efficiently. In turn, your risk of injury decreases, while your physical performance can increase. Additionally, developing your flexibility assists muscle tissues from developing myofascial (Myofascial release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the myofascial connective tissue). The benefit of this is that blood flow, oxygen, and nutrient delivery to your tissues occurs more efficiently and effectively.

STRENGTH

Yoga helps to develop strength in two areas of your body: the core and in your muscle tissues. Both of these areas are important because they help you to maintain better posture, do the beautiful activities you love better, and also manage basic physical movements with reduced risk of sustaining an injury where one could be avoided. How many of us have either personally experienced or known someone who bent over to pick up a something small—basically weightless—and felt their back tweak? Through strength development, you can greatly minimize these types of lifestyle-limiting injuries.

BALANCE

The word balance is one that most of us crave in our lives, both in a physical and mental aspect. With balance, we see control and calm. Yoga helps us achieve this mentally due to the movements, sounds of the singing bowl, and the breath that syncs with them when practiced properly and in harmony.

Physically, balance is important for your overall quality of life because it helps you focus on all functional movements—and you do these all day, every day. They include the way you walk, turn your body, extend your arm out to lift something from an upper shelf, and so on. Better balance is supported by developing strength and it also rewards people with the ability to participate in the sports and activities they enjoy with greater ease.

ANXIETY RELEASE

Anxiety disorders are the most common mental illness in many countries. Take the U.S., for example. In the U.S., anxiety disorders affect 40 million adults (age 18 and older), or 18.1% of the population every year¹.

Despite this staggering statistic, a lot of anxiety is treatable. In fact, there are many studies you can find and reference that show a direct link between less anxiety and stress in relation to the amount of physical movement one does. Yoga is a unique and special exercise in this way, because of all the components it brings into the exercise itself.

Trikonasana (Triangle Pose)



¹Facts & Statistics. Anxiety and Depression Association of America (ADAA). Extracted from <https://adaa.org/about-adaa/press-room/facts-statistics> on December 29, 2018.

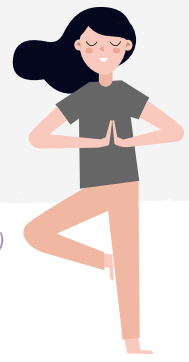
A photograph of a blue yoga mat on a wooden floor. In the foreground, three lit candles are placed on the floor, casting a warm glow. The background shows the blue mat and a wooden floor.

Chapter 2

THE BENEFITS OF A HOME YOGA PRACTICE

Most people have no idea how good their body is designed to feel.

Kevin Trudeau



Vrikshasana (Tree Pose)

The famous line from Dorothy in the Wizard of Oz says, “There’s no place like home.” When it comes to enjoying a rewarding yoga practice, this saying definitely applies. No matter how big, small, grand, or simplistic our homes are, they can become our sanctuary to betterment and self-awareness. Yoga is a perfect medium in which to explore this.

In this chapter we are going to cover some of the ways that yoga has proven itself to provide big benefits for those who choose to practice it at home. Maybe you’ll think of additional benefits besides these. That’s wonderful, as being aware of every blessing and gift to help you feel better is good by nature and intent.

FINANCIAL WELLNESS

There was a time when yoga was considered something that only happened in trendy, upscale neighborhoods, where people could pay an exorbitant amount of money to go and learn yoga at a new age studio that was associated with something more than movement—money. Classes were expensive! With so many of us able to practice yoga at home, a wonderful opportunity which removes many of the financial restrictions has arrived.

According to a recent financial wellness survey taken by PwC (PricewaterhouseCoopers)²: “A majority of employees consider financial wellness to be defined as freedom from stress and worry about money and expenses. Eighty-one percent defined financial wellness as some form of freedom.”

Knowing that financial wellness can reduce stress and that practicing yoga can do the same, it’s rather inspiring to realize you can help master both right out of your home.

²5 Key Employee Financial Wellness Statistics for 2019. Integrity Data. December 27, 2018. Extracted from <https://www.integrity-data.com/5-key-employee-financial-wellness-statistics-for-2019/> on December 29, 2018.

WELLNESS THROUGH RELEASING THE EGO

The ego is the root of many hindrances and setbacks we experience in our lives. This means that sometimes, despite our best intentions, we get in our own way to happiness and health. A few signs this may have been you may look like these scenarios.

- You do not ask for help on a task that challenges you, choosing to muscle through it on your own no matter how stressed it makes you feel. You'll often feel the tension between your shoulder blades and in your neck in these types of situations.
- The only new pursuits you attempt to do are those you only believe you will be the best at. This could include a new career, or a new practice like yoga. To grow in all areas of our life, we must attempt things we are not naturally good at.
- Signs of envy of what others have drives your thoughts, often resulting in you dwelling upon others' lives more than focusing on your own needs for wellness and improvement. By nature, we have a defense mechanism rooted in our subconscious mind that wants to take those who we feel are in better positions and then bring them down to ours.

The ego, regardless of the reasons you have it, is something to become consciously aware of in your life. By learning what role it is playing, you can begin to counter it. A great baseline to start this is yoga, because the more you connect with your physical body and what it can do, the more the gateway opens up to greater self-understanding. Your ego may never leave you, but you do not have to make it feel comfortable and welcome in your body—your temple and domain.



CUSTOMIZING THE BEAUTY OF THE PRACTICE

If you've ever wanted to just do something "your way" (and who hasn't), practicing yoga at home is ideal for you! There are many options to create your own personal space to make it an inviting and exciting part of your day you look forward to. Additionally, you can customize a routine that works well with you. Take the poses and movements you enjoy best and use them to gain strength, calmness, and flexibility. In time, you will begin experiencing results that increase your personal joy and satisfaction with yourself, both physically and mentally.



Ways to customize the yoga routine you do at your home include focusing on:

- The style of yoga you practice
- The ambiance where you carry out your practice
- The types of music or guided meditations you may use
- Additional ways you can enhance your experience (such as aromatherapy)
- Defining the ways in which you use your singing bowl (more to come on this later)

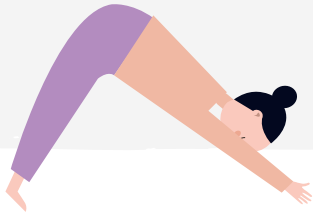
Chapter 3

TOOLS TO OPTIMIZE YOUR HOME YOGA PRACTICE

Yoga is 99% practice and 1% theory.

Sri Krishna Pattabhi Jois





Adho Mukho Svanasana (Downward Facing Dog Pose)

The purpose of your space is to create an environment that combines functionality and feel-good vibrations. When you look at your home space for practicing yoga, you should feel positive energy emanating from it.

I love this space; it is a relief to come back to this spot each day.

To create this space, you do not have to spend excessive amounts in preparation of providing yourself a great experience practicing yoga at home. However, there are certain things you should consider doing that will help you—both physically and mentally—for the engaging, enlightening journey you are about to embark on. These recommendations do make a difference.

OPTIMAL ALIGNMENT

There are certain steps you should consider essential to your yoga routine every time you perform your postures. These are the steps you will take to ensure your body is prepared for the experience it is about to have. You'll increase effectiveness and decrease the risk of injury. It's important to be aware of your functional alignment.

We recommend these five actions.

NOTE: We are also sharing some links that are good resources for you in this section. These are not sites and resources we have any affiliate relationship with.

- Always warm up prior to starting your main exercise routine. Loosen up your limbs and make sure your body is ready to be beautifully challenged. This is a particularly nice warm-up routine many people enjoy: [Basic Yoga Warm-up Routine](#).
- Learn the five alignment principles of yoga. These are: 1) Set the Foundation & Open to Grace; 2) Muscle Energy; 3) Inner: Expanding Spiral; 4) Outer: Contracting Spiral; and 5) Organic Energy. Demonstrations of these five principles can be found here: [5 Alignment Principles](#).

- Always maintain awareness of the breath. This is also known as “return to breath.” There are seven wonderful breathing exercises you’ll commonly find in yoga. These are all explained in great detail here: [7 Yoga Breathing Exercises](#).
- Be aware from the inside out. As you practice yoga, you’ll want to stop thinking about everything outside of you. The focus needs to be on what is happening internally, ranging from breath, to the way your joints and muscles feel, and on to a more relaxed, stress-free state. You grow very self-aware with yoga, which is one of its most beautiful and coveted benefits.
- Be adaptable to what works best for you. Depending on what your body has endured by way of injury, or a natural inability to achieve something, you want to acknowledge these barriers and adjust your routine so you do not cause further damage or unnecessary discomfort. Yes, yoga is relaxing, but it is also a physical activity. Depending on the type of yoga you wish to practice, it can be very rigorous and intense.

A TRANQUIL AND PREPARED PERFORMANCE SPACE

The word “*satya*” means truthfulness, and most people who begin practicing yoga at home admit one big challenge: it’s a struggle to stay focused and commit to practicing yoga at home. The recommendation for solving this is two-fold. First, acknowledge the distraction, and second, create an environment that draws you in.

Here are some tips on making that perfect space to call your own. It can work as both your yoga studio and a place for meditation.

- You don’t need massive amounts of space to create this special place for practicing yoga. Determine how much space you need. Keep in mind the average size of yoga mat size is 24” wide by 68” long, so that fits into this space nicely.
- Have a place nearby where you can keep your equipment that you will use for your yoga practice (more details on this in the next section of this chapter).

- Commit to a time of day to practice yoga at home. A big bonus for a beautiful day is to practice your savasana (the corpse pose) first thing in the morning. Calm the body, clear the mind, and allow good energy to seep into you for your day's start.
- Set some ground rules. If you live with others, let them know that when it's yoga time, it's "no interrupting you" time.
- If possible, find a place that has natural light coming in. Even if you practice in the evenings, being near windows can be very energizing and uplifting.
- If you have pets who will be curious about what you're up to, you have a few choices: 1) go into a room where you can shut them out; 2) let them be curious and then they can move on with their next curiosity; or 3) find a way to use their presence as part of the calming, meditative part of your routine.
- Keep your yoga zone free of clutter and other items that may lead to you forgetting that is your yoga place—not your coloring-with-the-kids place, nap place, set-your-stuff-on place, and so on. Cherish this space for what it can mean to your wellness.

It would be fabulous if everything in life came easily and was effortless, but as many of us heard growing up: "The best things in life often take a little time or work to obtain, and then appreciate." Getting yourself prepared for practicing yoga the right way at home is one of these things. But it is worth it.



EQUIPMENT TO ENHANCE YOUR AT-HOME YOGA EXPERIENCE

There are four pieces of yoga equipment that will make your at-home practice more engaging, energizing, and effective for you. These pieces of equipment are:

- A yoga mat
- Bolsters
- A strap
- Your singing bowl(s)

Let's go over the details for each one of these. And remember, links are given for the sole purpose of offering you a good source of solid information for you to make your best decisions with.

THE YOGA MAT

As mentioned, the best-sized yoga mat for practice is 24" wide by 68" long. It's important to not get any mat, but to invest in one that will serve your exercise purposes best. Most people typically feel their needs are best met when their yoga mat is the proper size, material, thickness, and also color. Color is actually more important than you'd think. So before you purchase a yoga mat without considering all the important functions it will have for you and your routine, check out some more information here:

[Yoga Mat Wisdom.](#)

BOLSTERS

Yoga bolsters are designed to give you the proper comfort and support for during your yoga routine. Most yoga enthusiasts prefer the rectangular bolsters (known as a "zafu"). This shape of bolster can fit between your legs, be placed in front of you, and can also be used for lower back support when necessary. Some great bolster reviews can be found here:

[Bolster Reviews.](#)

STRAP

Yoga straps come in various thicknesses and resistance levels, and can be made of cotton or rubber. There are certain benefits to each type and having a few different types of straps to help you as you begin, advance, and perfect different yoga techniques may come in handy! The most important thing you can do is be safe. If you are new to using straps and want to make sure you're doing so properly, check out this great tutorial: [Using Straps Properly](#).

SINGING BOWL(S)

If you're reading this eBook, you likely have a great edge here. You already understand some of the features and benefits of a singing bowl. We're going to discuss these in depth in the next chapter so you can be sure you are doing as many wonderful things with your singing bowl as you can to make the most out of your yoga practice sessions.



Chapter 4

THE BEST WAYS TO USE SINGING BOWLS FOR HOME YOGA



...Giving power to negative thoughts or fears was bringing ideas to life in physical world, idea in mind became emotion in heart, emotion turned into words spoken, written, painted, strummed across guitar strings, or vibrantly held note by Tibetan singing bowl, thoughts affected physical world.

*Christina Westover,
The Man Who Followed Jack Kerouac*

Your singing bowl has become, at least in part, a tool of the heart, mind, and soul for your journey into practicing yoga at home. The reasons to use it are as immense as your desires to recognize your greater self through a combination of sound and yoga movements.

Here are the most amazing insights about singing bowls from our own experiences with them, as well as the wonderful insights from those committed to using singing bowls have experienced.

SOUND THERAPY

Through sound therapy, many facets of your life can be improved. This is why this exciting new type of healing is being noted in both traditional and non-traditional medical communities throughout the world. There are just too many benefits to ignore. The singing bowl is being heard!

The medical term for sound therapy is *Vibroacoustic Sound Therapy*. In studies conducted regarding healing through sound therapy, researchers found³ “the subjects had a ‘greater degree of improvement in muscle tone with music plus vibroacoustic treatment than when music alone was given.” Knowing the vibrations, which are a part of the beauty of the singing bowl, can help with healing, it did not take long for researchers to realize they could also help with promoting improvements in other areas of the body. Muscle tone, for example.

So, yes, sound therapy is great from a physical standpoint, but it also serves a role with mental wellness. Studies have been linked to sound therapy and its positive effects on helping elderly people in nursing homes fight depression, as well being beneficial to children who are on the autism spectrum, suffering from depression, and also anxiety disorders. It’s easy to take comfort in these positive results happening through natural means, isn’t it?

If you want to read an interesting compilation on various studies surrounding sound therapy, you may be interested in this article: [The Effectiveness of Vibroacoustic Sound Therapy in Medicine.](#)

Ustrasana (Camel Pose)



³ Kvam, Marit Hoem. 1997. *The Effect of Vibroacoustic Therapy*. *Physiotherapy* 83 (6): 290-5.



MARKERS WITHIN YOUR PRACTICE SESSION

With singing bowls, intention matters. This is why one of the most beautiful ways to use your singing bowl is to mark when you are starting your practice and ending it. It serves as a reminder to calm your breath and embrace the experience. You may be distracted when you are starting your yoga routine, but when you hear the beautiful sound of the singing bowl, you are telling your mind where it should be focusing at that moment.

Likewise, when you end your meditation, using the singing bowl as a marker of your practice's end can help remind you (and your subconscious) that you wish to carry the good energy and wonderful feelings you have with you throughout your day...or your sleep.

AUDITORY MEDITATION

Your singing bowl is a beautiful instrument that is meant to be played simply for the purposes of enjoyment, as well as for meditation. We truly feel that you can just go with the energy and flow of what you feel like doing and use that to your advantage with a singing bowl. However, we also acknowledge that some people like to have a little guidance as to how to go about that. You could say their ego is still standing between them and the experience that is awaiting them with their singing bowl. There are many videos out there with some basic tutorials on how to play the singing bowls if this is what you wish to do.

If you prefer to go bolder and experiment, here are a few things to do either before or after your yoga practice.

- While focusing on breath, play your bowls and allow your body to absorb their vibrational energy while your other senses take in the sounds of the bowl.
- The more relaxed you become, the more beautiful your singing bowl will sound. You'll know this is happening when you feel a sway to your body and you're able to close your eyes and just feel the harmony between your hand holding the mallet (or striker depending in singing bowl size) and how the mallet is connecting with the singing bowl.
- Enjoy experimenting with how different motions and movements create different sounds. Take note of what you respond to, enjoy, and that which makes you feel good. You may also want to try this with different sized singing bowls for different sounds, vibrations, and effects.

RECORDING THE BEAUTIFUL SOUNDS OF THE SINGING BOWL

Performing with your singing bowl and recording what you create is a wonderful way for you to gain a stronger connection and awareness of your bowl's significance in your yoga routine. You are able to experience the benefits of the sound and vibration during your recording, and then tap into the recollection of how that made you feel as you do your yoga poses, meditate, or just take some time to relax and calm your mind.

Your possibilities are endless, and through recording and playing back what you've created yourself, you can experience some welcomed surprises, such as:

- You are capable of making beautiful music with your singing bowl
- Hearing the improvements that come with practice
- Being reminded that you are a continual work in progress—always growing beautifully and upward with the right nurturing (which singing bowls provide).

Chapter 5

THE BEST SINGING BOWL FOR YOUR HOME YOGA PRACTICE

*Music and rhythm find their way
into the secret places of our soul.*

Plato



Halasana (Plough Pose)



Although not new to parts of the world such as Tibet and in the Himalayas, the singing bowl is now just being recognized in most cultures as a wonderful tool to use for meditation and yoga. Incorporating this well-crafted and lovely instrument into your yoga routine will help you reap even greater returns from your practice.

CHOOSING THE PROPER SINGING BOWL

Whether you received your singing bowl as a gift or you purchased one without doing a lot of research, we want to give you some insights on how to best choose a singing bowl, should you ever want to purchase one again. These do make great gifts and as you start to experience their benefits in conjunction with yoga and meditation, you are going to be naturally drawn to selecting the right singing bowls for you. There are differences.

To identify the differences, you need to understand what your chakras are. They are defined as the seven centers of spiritual power in the human body. Through the clarity of your chakras, your thoughts, emotions, and health are determined, at least in part. The right singing bowl can help you clear your chakras during your yoga practice.

SMALL BOWLS

With small bowls, you'll have a high frequency sound, which works well in conjunction with the higher chakras (the crown, third eye, and throat). These bowls help by emitting an "aa" kara, which refers to the sound the frequency makes.

The higher chakras are what connect you with what lies beyond your conscious mind. The emotions included in this are ones aligned with speaking the truth with kindness and love, your intuition, and your connection to the universe.

MEDIUM BOWLS

With medium bowls, you'll experience a mid-range frequency sound, which works well in conjunction with your middle chakras (the heart and the naval). These bowls emit a "maa" kara for their frequency.

The middle chakras are what connect you to those emotions which you experience in your conscious mind. These emotions include self-love and outward love, and also willpower and boundary setting.

LARGE BOWLS

With large singing bowls, you'll experience a low frequency sound, which works well in conjunction with your lower chakras (the root and the sacral). These bowls emit an "oo" kara for their frequency.

The lower chakras are what you connect you to emotions centered on your balance, family, foundation, manifestation, creativity, sexual energy, and flow.

To choose the best singing bowls to assist you in your yogic practices or as gifts for others, you should know someone well enough to understand where they could benefit most in their life at that time. From there, you can give them the gift of a singing bowl, combined with insight to some wisdom to help them. Of course, showing them why doing a great at-home yoga practice daily is the most ideal way to use these singing bowls, whichever size you seek out.



CARING FOR YOUR SINGING BOWL

You now own these beautiful singing bowls and that means that you want to ensure they stay in proper condition. Caring for them the proper way will keep them working for you at a higher level each and every time you use them.

These are our recommended tips for you.

- Wash your hands before touching/using your singing bowl whenever possible, and only touch it on the outside. Doing this will lessen chances of any residue being left behind that impacts the bowl's sound.
- When you clean your singing bowl, have three soft cloths to use. Use a natural ingredient like lemon juice to clean (cloth one), water to wash off lemon juice (cloth two) and the third cloth is to buff the singing bowl dry. Avoid at all costs metal polishes and abrasives—they are harmful to the metals on the bowl and can impact the sound.
- If your singing bowl gets wet, dry it off with a cloth gently and as quickly as possible. When liquids (especially acidic ones) dry on a singing bowl, they will begin to corrode it.
- Don't allow your singing bowls to sit directly in the sun, as that can shift their composition and alter the sound. Remember, it's the sound that gives the vibrations to help you make the most out of your yoga practice or meditation session.
- Pack securely with soft cloth if you need to move your singing bowls or wish to store them. Friction against other objects, as well as elements such as salty air, can compromise the beauty and efficacy of a singing bowl.

Regardless if you have a new or antique singing bowl, there is something timeless and magnificent about them. The details, sounds, and what they evoke in you emotionally as you use them are all good reminders of why you want to treat them special. It's never just a bowl; a singing bowl can help connect you with greater energy, awareness, and health!



Padmasana (Lotus pose)

*When you don't go
within, you go without.*

Yogi Bhajan



Enjoy!

We hope that you have enjoyed this insight into how to have a successful experience with your at-home yoga practices. The benefits are immense.

You've learned about ways to protect yourself from injury, how to enhance your experience, and most importantly, how to use yoga and singing bowls to give yourself abundant opportunities to gain strength and flexibility, while also finding harmony and reduced stress.

Enjoy these gifts of self-love, and make your journey one guided by an insatiable desire for personal growth and improvement.

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Tadasana (The Mountain Pose)

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