

THE ART OF TIBETAN SINGING BOWLS

WORKSHOP

06.06.2026



Before anything else... there was sound

INVITATION TO EXPLORE THE ART OF SOUND,
STILLNES AND NERVOUS SYSTEM REGULATION



TOGETHER WE WILL
EXPLORE :

- The energetic system of the human body: subtle anatomy and the chakra system
- Nervous system regulation through sound and resonance
- How to hold space and how to structure a session for yourself or your clients
- Tibetan bowls: how to choose your bowls, how to work with them and how to take care of them
- Sound sessions vs. Vibrational massage
- Practical experience and embodied learning
- How to integrate these tools into your current offerings (if applicable)

Rooted in subtle anatomy, yogic philosophy and years of practical experience, The Art of Tibetan Singing Bowls is an immersive workshop introducing you to the profound potential of sound, vibration and presence.

Through theory, hands-on practice and direct experience, you will explore Tibetan singing bowls as tools for relaxation, grounding, meditation, nervous system regulation and deeper connection – for yourself and others.



THIS WORKSHOP IS FOR YOU IF YOU :

- Are highly sensitive (HSP), experience, anxiety, overstimulation or have ADHD
- Seek more calm, grounding, meditation or nervous system support
- Work closely with people as a yoga teacher, massage therapist, coach, therapist, Reiki practitioner, hairdresser, beauty or wellness professional and caregiver
- Are a parent, pet owner or simply wish to bring more calm into everyday life
- Own a Tibetan bowl but are unsure how to unfold its full potential
- Feel curious about sound, energy and personal wellbeing

PREREQUISITES :

No previous experience is needed.

No yoga, meditation or sound healing background is required.

No musical talent is needed – only curiosity and an open mind.

Held in an intimate setting of maximum 6 participants, this is the only Tibetan Singing Bowls workshop planned for 2026.

Approx. 5–6 hours including a lunch break, snacks and authentic Indian chai brought from Danielle's travels in India.

ABOUT DANIELLE

◆
Yoga, meditation, sound and subtle energy work have been a lifelong journey inward for me.

I am a certified 500-hour yoga teacher, trained in traditional ashrams in Kerala and Maharashtra, India, with a foundation in authentic Hatha Yoga,

My training includes philosophy, anatomy, breathwork, meditation, chakra work, soundhealing etc.



I CREATE SPACES WHERE YOU CAN FEEL SAFE AND FREE TO SIMPLY BE.

◆
Tibetan singing bowls are the backbone of my work and the instrument closest to my heart – present in almost every session and offering I facilitate.

For many years, I have explored how sound, vibration and resonance can support grounding, relaxation, emotional balance and deep rest. I have trained with different teachers in Europe and Asia, blending tradition and contemporary approach.

With over 10 years of practice and teaching experience, I regularly return to India to deepen my studies and share these teachings in a grounded and accessible way for modern life.

◆
MY WORK IS GENTLE, INTUITIVE, AND DEEPLY RESPECTFUL OF EACH PERSON'S INDIVIDUAL PROCESS.



ENERGY EXCHANGE & WORKSHOP DETAILS



333 € per person

6 June 2026 | Düsseldorf

11 AM - 5PM (Approx. 5-6 hours)

WHAT IS INCLUDED :

- Practical learning and hands-on experience
- Introduction to subtle anatomy / chakra system
- Additional nervous system regulation practices (breathwork, set & setting etc)
- Printed workshop materials
- Certificate of participation
- Snacks and authentic Indian chai brought from Danielle's travels in India
- Access to future workshops building upon this foundation

LOCATION :

A quiet sanctuary in the heart of Düsseldorf near the main railway station.

A cozy and intimate studio space designed for calm, learning, depth and meaningful connection. Due to the intimate nature of the workshop (maximum 6 participants) early reservation is warmly recommended.



BOOKING & CANCELLATION POLICY

To book your spot, you can reach out in one of the following ways:

- Instagram (DM): @danielle.gold.yoga
- Email: danielle.gold@geeta-yoga.com
- Phone / WhatsApp: +49 178 6730698

Upon booking confirmation and completion of the payment, you will receive the exact studio address along with all relevant details.

Cancellations:

You may cancel your booking up to 15 days prior to your appointment and receive a full refund.

As I reserve the studio space in advance, cancellations made less than 15 days before the session cannot be refunded.

In this case, the amount will be held as credit for a future booking, valid for three months from the date of payment (can be used for any type of session or events).

DUE TO LIMITED AVAILABILITY, I INVITE YOU
TO GET IN TOUCH EARLY TO RESERVE YOUR
SPOT FOR THIS UNIQUE EVENT.

WITH LOVE,
DANIELLE