

Diana Thommen

Sounds of Singing Bowls for Peace, Love and Humanity



Sound and vibrations of singing bowls connect people on the energetic and the physical mind level for freedom and cordiality. Every cell of our body dances to the new rhythm for well-being towards inner peace and equanimity.

Diana Thommen is kinesiology practitioner, movement and sound therapist.

Since 20 years she accompanies people on their path to consciousness, transformation and growth in her practice, her seminars and workshops throughout Europe.

Some years ago, when hiking in the Himalaya, she detected the effect of sound and vibration of singing bowls on her whole system of body-mind-spirit.

Motivated by the experience of her own transformation, she began to include singing bowls in her work.

Together with clients and participants of her workshops she developed new techniques and enriched her knowledge with courses in sound therapy in Kathmandu, Nepal, and with sound massage after Peter Hess, Germany.

Diana Thommen is happy to tune us in for the day with her singing bowls.