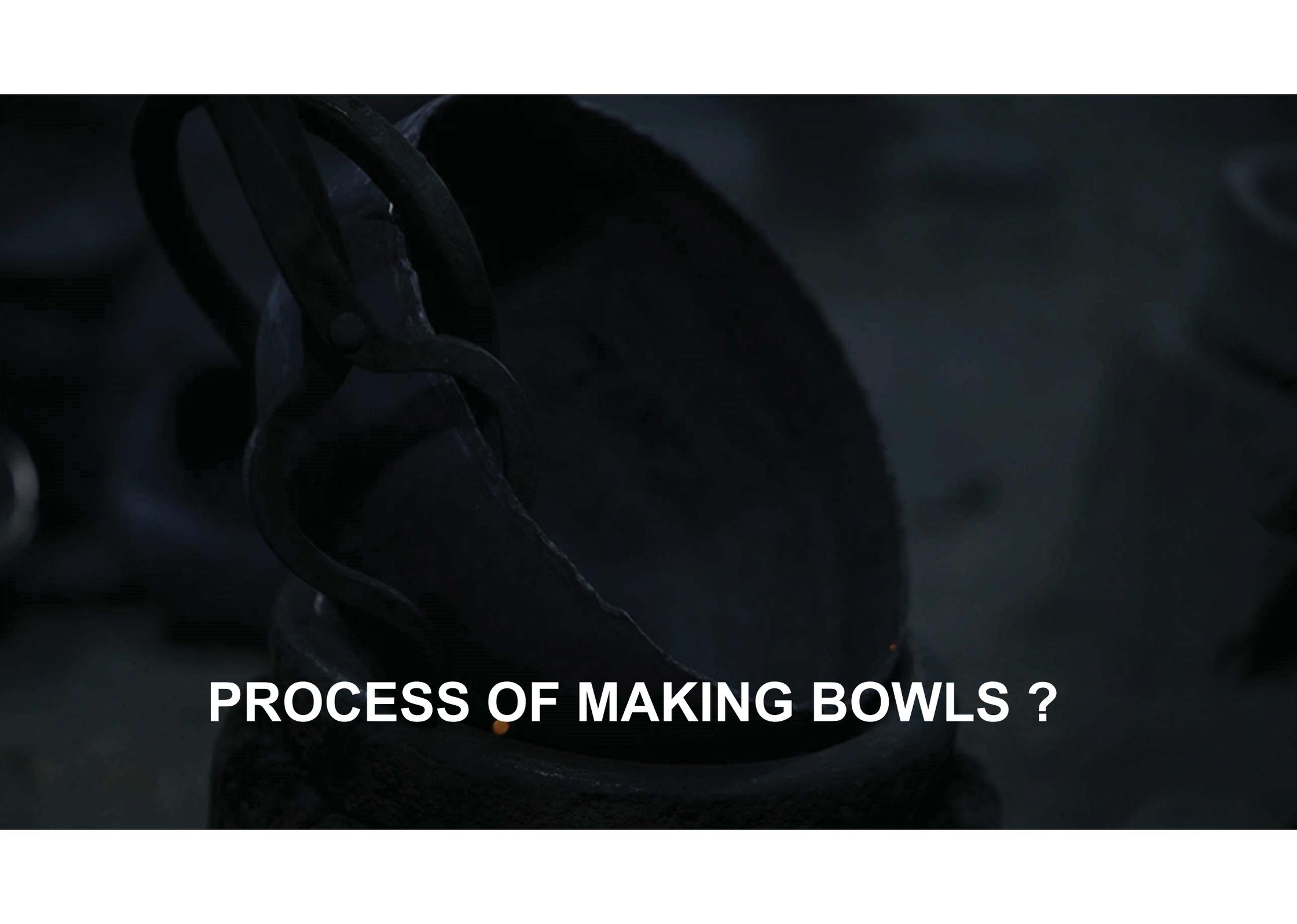




YOGA SPECIFIC

CONNECTING
YOGA AND
PEOPLE.

Mob- 0091- 9999082737
Email - yogaspecific@gmail.com



PROCESS OF MAKING BOWLS ?







- A Singing Bowl or also known as hand crafted hammered bowl is a healing instrument which was explored more than 5,000 years old that originated in the Himalayan region of India.
- The manufacturing of a bowl is an elaborate process that combines the skill of an artisan, meditation and ancient science .The bowls are made-up off Special Bronze Alloy.
- In the forging and hammering phase, 4-5 artisans led by an expert craftsman will give between 100 to 5,00 hammers according to the size of the bowl that they wish to make.
- Approximately every 30 hammers, the future bowls are put back to the fire to turn them red hot and continue with the hammering. Once enough has been hammered and the bowl is already beginning to take shape, the bowl is in the hands of the most experienced craftsman, who will take care of giving the bowl the desired thickness and shape.
- The creation of a good Tibetan or Himalayan bowl is the result of a conscious and meditative work of the artisan who is making it.

A close-up photograph of a singing bowl being heated over a fire. The bowl is positioned in the center, resting on a bed of glowing orange and yellow embers. Bright blue and purple flames are visible around the bowl, particularly concentrated at the top and bottom. The background is dark, making the fire and the bowl stand out. The overall scene is dramatic and focused on the process of heating the bowl.

WHAT IS SINGING BOWL ?



- A Singing Bowl is a therapeutic instrument also known as sound bowls are an alloy of metals thus making it a bronze bowl .When striking or rubbing a special drumstick for each bowl, they emit an extremely pure vibration, which generates a harmonic sound that remains for long period of time , soothing the body and mind of an individual or a group .
- Bowls are a perfect instruments to complement your therapies, yoga classes, meditations or even to make a sound therapy exclusively with them. Using them is very simple and those who listen to them will immediately feel their effects on a physical, energetic, emotional and mental level.

A close-up photograph of a person's hands holding a golden singing bowl. Water is splashing out of the bowl, creating a dynamic and energetic scene. The background is dark and out of focus, emphasizing the bowl and the water. The text "BENEFITS OF SINGING BOWL" is overlaid in white, bold, sans-serif font across the center of the image.

BENEFITS OF SINGING BOWL

MENTAL LEVEL BENEFITS

- Promotes the generation of Alpha, Theta and Delta brain waves
- Expand your awareness and open your field of perception
- Its sound is effective in treatments to combat insomnia and other sleep disorders
- Decrease anxiety and mental stress

ENERGY LEVEL BENEFITS

- Mobilizes stagnant energies
- Harmonize the main energy centers
- Release emotional blocks
- Complete regeneration of Aura
- Better immune system

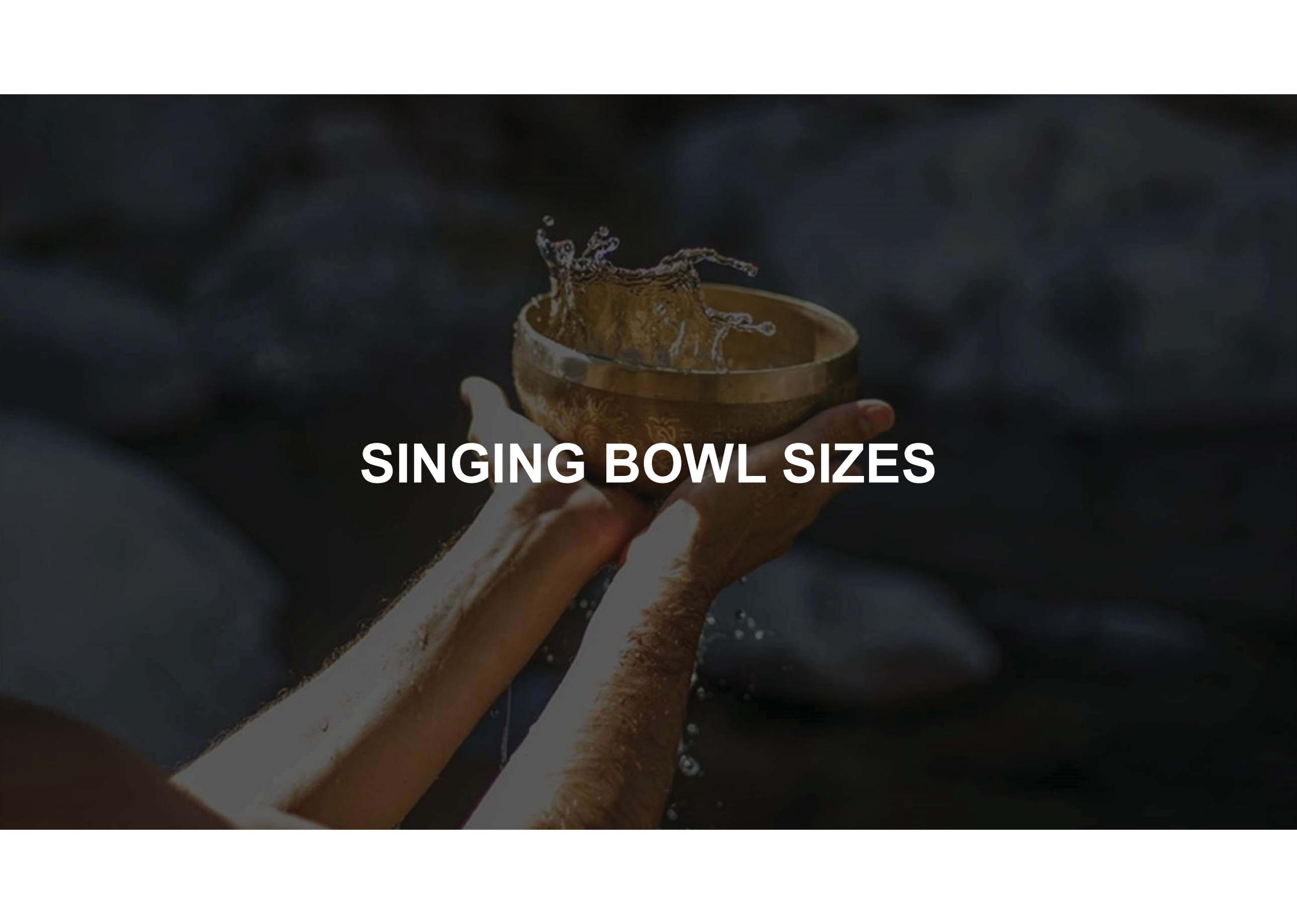
PHYSICAL LEVEL BENEFITS

- Relax and relieve tension accumulated in the muscles
- Balances our internal fluids
Massage and detoxifies internal organs
- Reduces organ pain
- They help the process of cellular healing
- Relieves the pain of sprains, dislocations, arthritis and tendinitis

THE POSTIVE EFFECT OF SOUND HEALING

- As we know life is full of stress & rush, sound healing brings in beautiful way to release stress of mind, body & soul
- Our cells vibrates/respond at various frequencies of sound that's why we use sound healing to connect these cells and organs to promote healing , which is natural and divine.



A close-up photograph of a person's hands holding a golden singing bowl. The bowl is tilted, and water is splashing out of it, creating a dynamic scene. The background is dark and out of focus. The text "SINGING BOWL SIZES" is overlaid in white, bold, sans-serif font in the center of the image.

SINGING BOWL SIZES

SMALL BOWLS



12CM – 13CM
Each Bowl

- Sound: The tone of these bowls is sweet and cheerful

MEDIUM BOWLS



14CM – 17CM
Each Bowl

- Characteristic of the sound: Medium and semi deep tones, rich in harmonics.
Resonance (time while vibrating) : Medium / High

LARGE BOWLS



18CM – 21CM
Each Bowl

- Sound : Low, deep and sweeping tones, abundant in harmonics.
Resonance (time while vibrating) : High / Very high

Big Bowls



22CM – 24CM



24CM – 28CM

Etched Bowls

SMALL BOWLS



12CM – 13CM
Each Bowl

MEDIUM BOWLS



14CM – 17CM
Each Bowl

LARGE BOWLS



18CM – 24CM
Each Bowl

Tingsha Bells



Lotus flower



Tibetan Mantra



Premium

Accessories



Singing Bowl –
Mallets & Sticks



Singing Bowl –
Protection
Cover



Singing Bowl –
Cushions

A close-up photograph of a person's hands holding a golden bowl. Water is splashing out of the bowl, creating a dynamic and energetic scene. The background is dark and textured, possibly water or a similar surface. The overall mood is serene and powerful.

BENEFITS OF CHAKRA SOUND HEALING

WHAT ARE CHAKRAS

- There are main seven chakras located in the main spinal column of the human body & each has particular frequency at which it vibrates.
- Chakras are the energy centres in the subtle body.
- A Chakra stores and distributes energy to every cell of the various organs associated with it.
- Singing bowls help one to tune the right vibrations and frequencies in the chakras of the body so they resonate the tune and tones into a good health.
- Chakras relate to the physical, mental and emotional wellbeing. As the Chakra draws in and releases energies, any absorption of negative emotions or trauma will lead to negative charge in the chakra which blocks the smooth flow of energy through the Chakra and hence it manifests in the form of physical and mental issues.
- Singing Bowl gives the sound of void, the universal sound OM at different frequencies and notions specific to the Chakras of the body, Singing bowls help one to release the blocked energies from the Chakras and tune them back to the universal frequencies.



7 CHAKRA HEALING SET

- Chakra Set of Singing Bowl is the First choice of Health Care Professionals, Yoga & meditation Practitioners & Sound Healers
- Chakra sets are highly effective in balancing chakras, spiritual growth, and treatment of several kinds of critical physical, mental & emotional disorders.
- Chakra Singing bowls set consist of seven singing bowls with different chakra tones used for sound therapy/healing.
- Sound healing set consists of 7 pcs. of singing bowls having the exact frequency related to chakras, the seven major energy centers of the human body.

1. B - Crown
2. A, Bb - Third Eye
3. G & G# - Throat chakra
4. F & F# - Heart Chakra
5. E - Solar Plexus
6. D & C - Sacrum Sacral
7. C - Root

Eco – Friendly Yoga Mat



Off white color

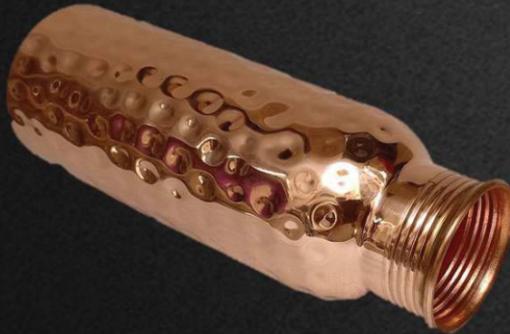


Natural white color



Our Yoga mats are eco-friendly, non-toxic, can be recycled and have excellent grip/anti-slip. Made from 100% jute fiber

Copper Bottle



According to Ayurveda, water stored in copper vessel has the ability to balance the three doshas in your body, (Vata, kapha and pitta) and it does so by positively charging the water.

Below are some of the health benefits of copper on the metabolism:

- **Maintain a healthy nervous system**
- **Reduces symptoms of arthritis**
- **Some advocates say copper can act as an effective antioxidant, slow downs aging.**
- **It also neutralize toxins and stimulates the brain.**

Everything is vibration –
everything is sound
Once in a meditative state,
music will naturally be a part
of your life

