

SOUND DROPS
Music and Healing
27. October 2024
10:00 - 21:00
Kiental
Naturhof

Welcome to the Music and Meditation Retreat "Sound Drops on Soul". An exploration of inner self through music, and of the nature of reality as expressed through the vibrations of sound. The Retreat will include healing the mind and soul with the live ancient form of Indian Classical Music, a workshop of making pure Vegetarian Yogi Food, sound healing, Sound bath and a grand concert for mind and soul.

10:00 to 13:00

Welcoming and SNACKS INDIAN TEA Nada
Yoga , Meditation with live music.

13:00 to 14:30

LUNCH

14:30 to 18:00

Yoga Nidra Sound Bath and Sound Healing.
Personal time/ Walk in the nature

18:00 to 19:30

DINNER

20:00 to 21:00

Concert for Mind and soul

Musical Supervision : Jens Ludwig

ENTRY FEE
CHF 200

(early bookings CHF 180)

Queries for bookings

Phone: +41775063114 (Jens Ludwig)

Email: go.jensludwig@gmail.com



Babua Pahari
Flute



Sanjib Pal
Tabla



Diplesh Bhattacharya
Sarod

