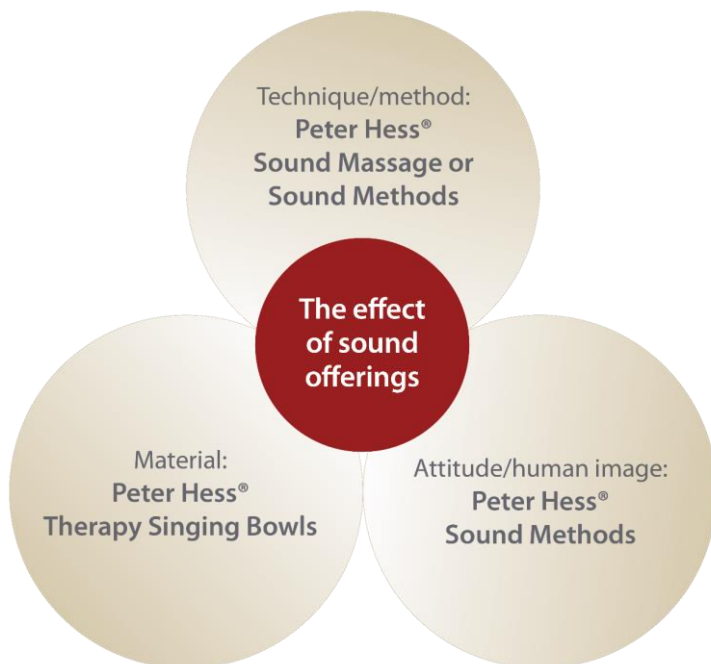
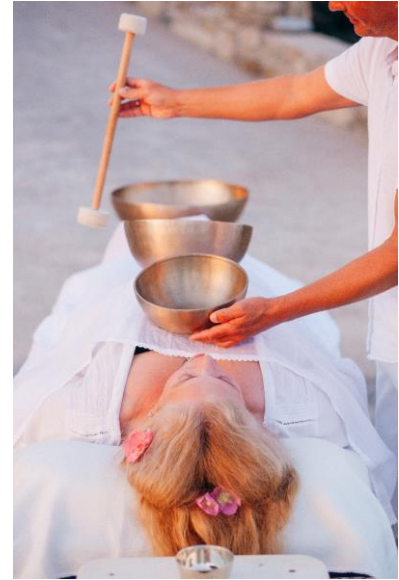


The Peter Hess® Sound Massage

The Peter Hess® Sound Massage is a holistic relaxation program to promote well-being, strengthen health and support recovery and development processes.

The harmonious sounds of the singing bowls calm the mind. The gentle sound vibrations relax the body. The soul is given space to unfold. Regeneration can happen.



"The sound of the singing bowl touches our innermost being, it makes the soul vibrate. The sound releases tension, mobilizes the self-healing powers and releases creative energies"
(Peter Hess)



Source:

The healing power of sound massage. Original (in German): Die heilende Kraft der Klangmassage. Entspannen, Stress abbauen, Schmerzen lösen mit Klangschalen. Irisiana-Verlag, 2012

Relieving stress and strengthening health with Peter Hess® sound massage. In: Zeitschrift Klang-Massage-Therapie 9/2014, p.20-24 (read more: https://www.fachverband-klang.de/images/stories/pdf-english/FZ_Eng_A_reliefingastress_7_2010.pdf)

Training script: **Peter Hess® Sound Massage – Sound Massage I.** Peter Hess® Institut, 2022

Singing bowl – My practical companion. Verlag Peter Hess, 2019, S. 126 – 127 (more information: <https://www.verlag-peter-hess.de/Buecher/Fremdsprachige-Titel/Singing-bowl-My-practical-companion.html>)

It was like wellness for the soul. Original (in German): „Das war wie Wellness für die Seele“ – Klanganwendungen in Beauty, Wellness und Kosmetik. In: Zeitschrift Klang-Massage-Therapie 12/2017 S. 46-49

Sound and transcendence – a neuropsychological, physical and spiritual perspective. (read more: https://www.fachverband-klang.de/images/stories/pdf-english/T_Hinterberger.pdf)

Photo: © Archiv Peter Hess® Institut, Photographer: Konstantinos Angelos

Note: We are part of the OMW network (in German): <https://omw.hdz-nrw.de/omw-netzwerk.html>

