



## ***Outra Música***

Official Supplier in Portugal  
Showcase and exhibitions in Mafra and Ericeira

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tel: +351 93 83 73 909

WELCOME TO YOUR SOUND JOURNEY

2025



## Meinl Sonic Energy

Instrumentos para Terapia, Yoga e Meditação

A Outra Música representa em Portugal o catálogo completo da Meinl Sonic Energy, uma linha de instrumentos energéticos ideais para terapeutas, instrutores de yoga, profissionais de medicina alternativa e centros de bem-estar.

Taças tibetanas, gongs, tambores harmónicos e outros instrumentos são produzidos artesanalmente com materiais naturais, oferecendo sons profundos e harmoniosos que promovem relaxamento, equilíbrio energético e foco interior.

Acreditamos nestes instrumentos e no seu poder terapêutico, e disponibilizamos apoio na selecção, informação técnica ou demonstrações.

Descubra o poder transformador do som com a Sonic Energy na Outra Música – onde o som é bem-estar.

## Meinl Sonic Energy

Instruments for Therapy, Yoga and Meditation

Outra Música represents in Portugal the full range of Meinl Sonic Energy – ideal for therapists, yoga instructors, alternative medicine practitioners, and wellness centers.

Tibetan singing bowls, gongs, harmonic drums and much more – handcrafted from natural materials, offering deep, resonant sounds that support relaxation, energy balance and inner focus.

We believe these instruments and their therapeutic power, and provide support for product selection, information or demonstrations.

Experience the healing power of sound with Sonic Energy at Outra Música – where sound becomes well-being.

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# welcome to your SOUND Journey

**A journey to find more calmness, focus and relaxation. A journey to discover fresh, energizing sounds through instruments designed for anyone to explore, create and feel.**

## our vision

In the hectic chaos of the modern age, it's easy to lose yourself in the stress of everyday life. Restlessness has become a universal companion, whispering in our ears, urging us to keep going, keep doing, and searching for something just out of reach. Within this discord of the external world, there exists a profound remedy: Sound.

Sound has the power to bridge the gap between the outer chaos and our inner world, offering us a pathway to peace and serenity. We want to embrace the power of sound together and start truly listening again. To rediscover our inherent sound.

### **Our vision includes ...**

- ... Creating moments of mindfulness and well-being in times of unrest, when everyone is always expected to perform.
- ... Allowing ourselves to slow down and reconnect with our inner world.
- ... Spreading our instruments with their positive effects all over the world to make them accessible to as many people as possible, no matter their age, gender, health, or wealth status.
- ... Reaching places with sound where words do not.
- ... Inspiring people to get creative and explore their own intuition.
- ... Supporting kids in finding joy through experimentation, strengthening their focus, concentration, and motor skills.
- ... Forming a way of communication through sounds for people who cannot express themselves verbally.
- ... Supporting all kinds of processes – physical, mental, and emotional.



# our Brand AMBASSADORS

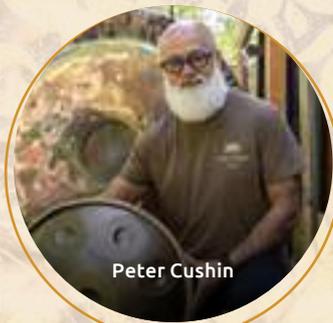
Get to know the people who represent our brand with their energy, creativity and authenticity every day. Together, we want to spread the vision of sound as an universal message to the world. In May 2024, our first Brand Ambassador training took place and these are the very first Brand Ambassadors that were officially trained by us.



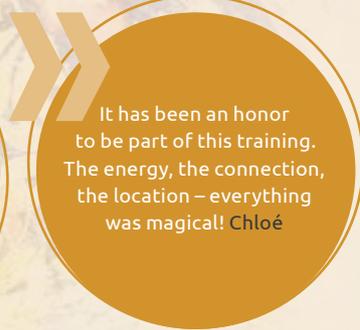
Emanuele  
Brunazzetto



Lea Ferrante & Chloé  
Delfine Colombo



Peter Cushin



It has been an honor to be part of this training. The energy, the connection, the location – everything was magical! Chloé



Harriet Emily



Francesco Fasanaro



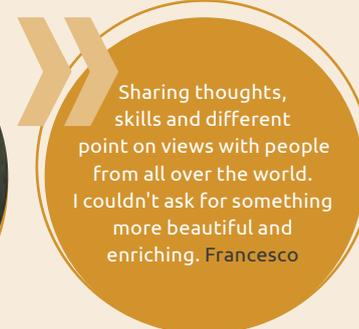
Super delighted to have participated in this excellent experience. Thank you for all this ENERGY. Peter



Neval  
Karaman-Ribeiro



Juan Carlos Melian



Sharing thoughts, skills and different point on views with people from all over the world. I couldn't ask for something more beautiful and enriching. Francesco



Carolin Mertens



Lucia Nosko



Adrienn Pal



Luis Ribeiro



Coming into Union to create the New Earth. Caro



Kissen Taniguchi



Woodie Wu Lin



Mariela Sarkima

# Discover the variety

## A Short Guide to Crystal Singing Bowls

Crystal singing bowls create a soothing and uplifting resonance that invites people to enter a deep state of peace and relaxation when listening to them. There are a variety of different types of crystal singing bowls, ranging from frosted bowls to clear singing chalices, and each type offers a distinct sound and atmosphere that enriches the journey created in a Sound Bath.

### Frosted Singing Bowls

Frosted crystal singing bowls provide a rich spectrum of sound that can build to fill a large hall when playing for a crowd, or be played softly in a cozy studio for one-to-one Sound Bath. The frosted edge is what allows the sound of this type of crystal singing bowl to be so versatile. Frosted bowls come in a variety of octaves, so that you can create deep and calming tones when using bowls in the 3<sup>rd</sup> octave, or a joyful and uplifting soundscape when playing bowls in the 4<sup>th</sup> or 5<sup>th</sup> octave.

My favourite mallets for frosted singing bowls are the Crystal Singing Bowl Mallet made of rubber (see page 16), to create a clear and crisp tap when striking the bowl, or the Silicone-coated Rod (see page 16) for creating a smooth and relaxing sound when playing around the edge of the bowl.

### Exploring Frequencies

Crystal singing bowls are also available in a variety of different frequencies. 440 Hz is the standard tuning of music, and many bowls are tuned to this, meaning that the tone of crystal singing bowls in this tuning is likely to fit in with most musical instruments you already have at home. 432 Hz is a popular frequency used for relaxation and meditation, and many sound healing practitioners choose to use crystal singing bowls in this frequency for this reason when delivering Sound Baths. Sonic Energy's Planetary Crystal Singing Bowls are tuned to the frequencies based on the calculations of Hans Cousto, who discovered the frequencies of each planet. Working with planetary bowls adds a layer of symbolism and storytelling to your work, as you can share the mythology and meaning behind that planet in the sound journeys you create. Solfeggio crystal singing bowls are tuned to specific frequencies which have been used in both ancient and modern meditation practices that are known to have many different benefits for body, mind and spirit.



## Working with Chakras and Colours

When creating a Sound Bath, many people like to include the yogic chakra system and the meaning of each chakra as a way of choosing which sounds to include. When working with the chakras and crystal singing bowls, many people use this understanding:

- C = Root Chakra (red)**
- D = Sacral Chakra (orange)**
- E = Solar Plexus Chakra (yellow)**
- F = Heart Chakra (green)**
- G = Throat Chakra (sky blue)**
- A = Brow Chakra (indigo blue)**
- B = Crown Chakra (purple)**

If you enjoy working with colour in your practice, the marble-frosted crystal singing bowls and colour-frosted crystal bowls make a perfect addition to your sound journeys, as each note is colour-matched with the associated note and chakra.

## Essence Crystal Singing Bowls and Chalice

The Essence Crystal Singing Bowls have a smooth, polished finish which allows the sound created by these bowls to have a very clear and long-lasting resonance that is tranquil and relaxing. The chalice variety of these bowls allows you to direct the sound around the room, as you can also pick these bowls up and move them in your hand whilst you play, creating a hypnotic, cocooning effect. My favourite mallets to use with these bowls are the Suede Resonant Mallet (see page 28), for creating a clear and crisp tap when striking the bowl, and the Crystal Silicone Rod (see page 16) creating a smooth and relaxing wave of sound when playing around the edge of the bowl.



### About Harriet

With 10 years of experience in the wellness industry, Harriet has held hundreds of events across the globe and is known for hosting some of London's best well-being events. Her lifelong passion for wellness and meditation is central to her work and this passion is infused into every project and service that she provides. She is proud to have collaborated with some of the world's most reputable brands and businesses. In 2022, Harriet launched her private studio and London residency within the Harrods Wellness Clinic and in 2024, was announced as a Brand Ambassador for Sonic Energy.

[www.harrietemily.com](http://www.harrietemily.com)

# CRYSTAL SINGING BOWLS

**NEW** 



Root Chakra,  
8" / 20 cm  
**CSB8C5**

Heart Chakra,  
8" / 20 cm  
**CSB8F**

Crown Chakra,  
8" / 20 cm  
**CSB8B**

Brow Chakra,  
9" / 22 cm  
**CSB9A**

Sacral Chakra,  
10" / 25 cm  
**CSB10D**

Solar Plexus Chakra,  
10" / 25 cm  
**CSB10E**

Heart Chakra,  
10" / 25 cm  
**CSB10F**



Throat Chakra, 10" / 25 cm  
**CSB10G**



Heart Chakra, 11" / 28 cm  
**CSB11F**



Root Chakra, 12" / 30 cm  
**CSB12C**



Sacral Chakra, 12" / 30 cm  
**CSB12D**



Solar Plexus, 12" / 30 cm  
**CSB12E**



Heart Chakra, 12" / 30 cm  
**CSB12F3**



Heart Chakra, 12" / 30 cm  
**CSB12F**



Brow Chakra, 12" / 30 cm  
**CSB12A3**



Sacral Chakra, 13" / 33 cm  
**CSB13D**



Root Chakra, 14" / 35 cm  
**CSB14C**

**NEW**

**NEW**

**NEW**



Throat Chakra, 14" / 35 cm  
**CSB14G**



Root Chakra, 16" / 40 cm  
**CSB16C3**



Solar Plexus Chakra, 16" / 40 cm  
**CSB16E3**



Heart Chakra, 16" / 40 cm  
**CSB16F3**

## 1 CRYSTAL SINGING BOWLS, 432 HZ

**SIZES**  
**CSB8**: 8" / 20 cm diameter  
**CSB9**: 9" / 22 cm diameter  
**CSB10**: 10" / 25 cm diameter  
**CSB11**: 11" / 28 cm diameter  
**CSB12**: 12" / 30 cm diameter  
**CSB13**: 13" / 33 cm diameter  
**CSB14**: 14" / 35 cm diameter

**MATERIAL**  
 Gemstone (Quartz)

**TUNING**  
 A4/a' 432 Hz  
**CSB8C5**: Root Chakra, C5  
**CSB8F**: Heart Chakra, F4  
**CSB8B**: Crown Chakra, B4  
**CSB9A**: Brow Chakra, A4  
**CSB10D**: Sacral Chakra, D4  
**CSB10E**: Solar Plexus Chakra, E4  
**CSB10F**: Heart Chakra, F4  
**CSB10G**: Throat Chakra, G4  
**CSB11F**: Heart Chakra, F4  
**CSB12C**: Root Chakra, C4

### FEATURES

**CSB12D**: Sacral Chakra, D4  
**CSB12E**: Solar Plexus Chakra, E4  
**CSB12F3**: Heart Chakra, F3  
**CSB12F**: Heart Chakra, F4  
**CSB12A3**: Brow Chakra, A3  
**CSB13D**: Sacral Chakra, D4  
**CSB14C**: Root Chakra, C4  
**CSB14G**: Throat Chakra, G3  
**CSB16C3**: Root Chakra, C3  
**CSB16E3**: Solar Plexus Chakra, E3  
**CSB16F3**: Heart Chakra, F3

Made of high-purity quartz  
 White-frosted  
 Extremely long-lasting resonance

**INCLUDES**  
 White silicone ring

## 2 CRYSTAL SINGING BOWL SETS, 3 PCS.

### CONTAINS

**CSBSETAFC**:  
 CSB9A (Brow Chakra)  
 CSB12F (Heart Chakra)  
 CSB14C (Root Chakra)

**CSBSETAFD**:  
 CSB9A (Brow Chakra)  
 CSB11F (Heart Chakra)  
 CSB13D (Sacral Chakra)

**CSBSETGEC**:  
 CSB10G (Throat Chakra)  
 CSB12E (Solar Plexus Chakra)  
 CSB14C (Root Chakra)

**INCLUDES**  
 White silicone ring  
 Crystal silicone rod (CSBRL)  
 Crystal singing bowl mallet (CSBM)

2



Set, 3 pcs.  
**CSBSETAFC**

3



Set, 7 pcs.  
**CSBSETCHA**



Set, 3 pcs.  
**CSBSETAFD**



Set, 3 pcs.  
**CSBSETGEC**

CRYSTAL SINGING BOWL SLEEVE SET  
(SEE PAGE 17)



**CSBPSSET2**

CRYSTAL SINGING BOWLS

**3 CRYSTAL SINGING BOWL CHAKRA SET**

- CONTAINS** CSB8B (Crown Chakra)  
CSB9A (Brow Chakra)  
CSB10G (Throat Chakra)  
CSB11F (Heart Chakra)  
CSB12E (Solar Plexus Chakra)  
CSB13D (Sacral Chakra)  
CSB14C (Root Chakra)
- INCLUDES** 7 x white silicone ring  
Crystal silicone rods (CSBRM, CSBRHL)  
Crystal singing bowl mallet (CSBM)



# CRYSTAL SINGING BOWLS

1 432 Hz



Crown Chakra, 10" / 25 cm  
MCSB10B



Brow Chakra, 10" / 25 cm  
MCSB10A



Throat Chakra, 10" / 25 cm  
MCSB10G



Heart Chakra, 10" / 25 cm  
MCSB10F



Solar Plexus Chakra, 10" / 25 cm  
MCSB10E



Sacral Chakra, 10" / 25 cm  
MCSB10D



Root Chakra, 10" / 25 cm  
MCSB10C

2



432 Hz



Set, 7 pcs.  
MCSBSETCHA

## 1 MARBLE CRYSTAL SINGING BOWLS

**SIZE** 10" / 25 cm diameter

**MATERIAL** Gemstone (Quartz)

**TUNING** A4/a' 432 Hz

**MCSB10B:** Crown Chakra, B4

**MCSB10A:** Brow Chakra, A4

**MCSB10G:** Throat Chakra, G4

**MCSB10F:** Heart Chakra, F4

**MCSB10E:** Solar Plexus Chakra, E4

**MCSB10D:** Sacral Chakra, D4

**MCSB10C:** Root Chakra, C4

**FEATURES** Made of high-purity quartz  
Exterior frosted colour, marbled  
Extremely long-lasting resonance

**INCLUDES** White silicone ring

**COLOURS** **MCSB10B:** Purple  
**MCSB10A:** Dark Blue  
**MCSB10G:** Light Blue  
**MCSB10F:** Green  
**MCSB10E:** Yellow  
**MCSB10D:** Orange  
**MCSB10C:** Red

## 2 MARBLE CRYSTAL SINGING BOWL CHAKRA SET

**CONTAINS** MCSB10B (Crown Chakra)  
MCSB10A (Brow Chakra)  
MCSB10G (Throat Chakra)  
MCSB10F (Heart Chakra)  
MCSB10E (Solar Plexus Chakra)  
MCSB10D (Sacral Chakra)  
MCSB10C (Root Chakra)

**INCLUDES** 7 x white silicone ring  
Crystal silicone rod (CSBRM)  
Crystal singing bowl mallet (CSBM)

3 432 Hz



Crown Chakra,  
Amethyst, 8" / 20 cm  
**CSBA8B**

4 432 Hz



Heart Chakra,  
Rose Quartz, 10" / 25 cm  
**CSBR10F**

5 432 Hz



Heart Chakra,  
Emerald, 10" / 25 cm  
**CSBE10F**

6 **NEW**



8" / 20 cm  
**PCS80M**

**NEW**



16" / 40 cm  
**PCSB160M**



7



8" / 20 cm  
**PCS8FOL**



10" / 25 cm  
**PCSB10FOL**

**NEW**



16" / 40 cm  
**PCSB16FOL**

CRYSTAL SINGING BOWLS

**3 AMETHYST CRYSTAL SINGING BOWL**

**SIZE** 8" / 20 cm diameter  
**MATERIALS** Gemstones (Quartz and Amethyst)  
**TUNING** A4/a' 432 Hz, Crown Chakra, B4  
**FEATURES** Made of high-purity quartz; Extremely long-lasting resonance  
**INCLUDES** White silicone ring

**4 ROSE QUARTZ CRYSTAL SINGING BOWL**

**SIZE** 10" / 25 cm diameter  
**MATERIALS** Gemstones (Quartz and Rose Quartz)  
**TUNING** A4/a' 432 Hz, Heart Chakra, F4  
**FEATURES** Made of high-purity quartz; Extremely long-lasting resonance  
**INCLUDES** White silicone ring

**5 EMERALD CRYSTAL SINGING BOWL**

**SIZE** 10" / 25 cm diameter  
**MATERIALS** Gemstones (Quartz and Emerald)  
**TUNING** A4/a' 432 Hz, Heart Chakra, F4

**FEATURES** Made of high-purity quartz; Extremely long-lasting resonance  
**INCLUDES** White silicone ring

**6 OM CRYSTAL SINGING BOWLS**

**SIZES** **PCS80M**: 8" / 20 cm diameter  
**PCSB160M**: 16" / 40 cm diameter  
**MATERIAL** Gemstone (Quartz)  
**TUNING** A4/a' 432 Hz  
**PCS80M**: Om 136.10 Hz (audible 544.29 Hz ≈ C#5)  
**PCSB160M**: Om 136.10 Hz ≈ C#3  
**FEATURES** Made of high-purity quartz; White-frosted; Extremely long-lasting resonance  
Printed symbol  
**INCLUDES** White silicone ring  
**SYMBOL** **OM**: Om

**7 FLOWER OF LIFE CRYSTAL SINGING BOWLS**

**SIZES** **PCS8FOL**: 8" / 20 cm diameter  
**PCSB10FOL**: 10" / 25 cm diameter  
**PCSB16FOL**: 16" / 40 cm diameter  
**MATERIAL** Gemstone (Quartz)  
**TUNING** **PCS8FOL**: 128 Hz (audible 512 Hz = C5)  
**PCSB10FOL**: 128 Hz (audible 256 Hz = C4)  
**PCSB16FOL**: 128 Hz = C3  
**FEATURES** Made of high-purity quartz; White-frosted; Extremely long-lasting resonance  
Printed symbol  
**INCLUDES** White silicone ring  
**SYMBOL** **FOL**: Flower of Life

## THE STORY BEHIND

# SOLFEGGIO FREQUENCIES

Solfeggio – a term originally rooted in music theory – has found a significant place in Sound Therapy. The effects and magic of Solfeggio frequencies are perceived in various ways, each offering a unique connection to these ancient tones.

The Solfeggio frequencies form a six-tone scale originally used in religious music during the 11th century, with references to these frequencies dating back to early biblical times. These frequencies represent distinct tonal qualities that are believed to support and enhance various aspects of mental and physical well-being. Despite their powerful effects on the body and mind, Solfeggio frequencies may not always sound harmonious to the modern ear. This is because they do not follow the traditional Western musical scale, which is based on equal temperament tuning.

As a result, they can feel unfamiliar or dissonant, as they operate outside the conventional frameworks of intervals and harmonies, following a more ancient, natural tuning.

The initially six well-known Solfeggio frequencies were complemented by three additional tones, completing the now nine-part scale, as follows:



Solfeggio Crystal Singing  
Bowls see page 12



Essence Solfeggio  
Crystal Singing Bowls  
see page 18



**174 Hz**

Calming, grounding, pain relief



**285 Hz**

Renewal of energy fields  
and physical rearrangement



**396 Hz**

UT – Liberation from guilt and fear

### 417 Hz

RE – Undoing situations  
and facilitating change



### 528 Hz

MI – Transformation  
and miracles



### 639 Hz

FA – Harmonizing relationships  
and inner balance



### 741 Hz

SOL – Living healthier  
and promoting lifestyle changes



### 852 Hz

LA – Returning to mental  
and spiritual order



### 963 Hz

Divinity, pineal gland activation,  
spiritual connection

In Sound Therapy, listening to these frequencies is associated with healing effects on the mind, body, and spirit, helping to restore balance. The exact mechanism by which Solfeggio frequencies achieve their effects is not yet scientifically proven. Nevertheless, instruments resonating with these potent frequencies, when paired with purposeful intention and a tranquil atmosphere, have the potential to create a profoundly soothing and harmonizing effect on our well-being.

# CRYSTAL SINGING BOWLS

1



Mi 528 Hz, 8" / 20 cm  
**SOLCSB8-528**



Ut 396 Hz, 10" / 25 cm  
**SOLCSB10-396**



Re 417 Hz, 10" / 25 cm  
**SOLCSB10-417**



## SOLFEGGIO



Fa 639 Hz, 10" / 25 cm  
**SOLCSB10-639**



Sol 741 Hz, 10" / 25 cm  
**SOLCSB10-741**



La 852 Hz, 10" / 25 cm  
**SOLCSB10-852**



963 Hz, 10" / 25 cm  
**SOLCSB10-963**



174 Hz, 12" / 30 cm  
**SOLCSB12-174**



285 Hz, 12" / 30 cm  
**SOLCSB12-285**

2



Set, 6 pcs.  
**SOLCSBSET**

### 1 SOLFEGGIO CRYSTAL SINGING BOWLS

- SIZES** **SOLCSB8:** 8" / 20 cm diameter  
**SOLCSB10:** 10" / 25 cm diameter  
**SOLCSB12:** 12" / 30 cm diameter
- MATERIAL** Gemstone (Quartz)
- TUNING**  
**174:** 174 Hz  
**285:** 285 Hz  
**396:** Ut 396 Hz  
**417:** Re 417 Hz  
**528:** Mi 528 Hz  
**639:** Fa 639 Hz (audible 319.5 Hz)  
**741:** Sol 741 Hz (audible 370.5 Hz)  
**852:** La 852 Hz (audible 426 Hz)  
**963:** 963 Hz (audible 481.5 Hz)
- FEATURES** Made of high-purity quartz  
White-frosted  
Extremely long-lasting resonance  
Printed symbol
- INCLUDES** White silicone ring

### 2 SOLFEGGIO CRYSTAL SINGING BOWL SET

- CONTAINS** SOLCSB10-396 (Ut 396 Hz)  
SOLCSB10-417 (Re 417 Hz)  
SOLCSB8-528 (Mi 528 Hz)  
SOLCSB10-639 (Fa 639 Hz)  
SOLCSB10-741 (Sol 741 Hz)  
SOLCSB10-852 (La 852 Hz)
- INCLUDES** 6 x white silicone ring  
Crystal Silicone Rod (CSBRM)  
Crystal Singing Bowl Mallet (CSBM)

3



Schumann Resonance, 12" / 30 cm  
**PCSB12SF**



Venus, 12" / 30 cm  
**PCSB12V**



Synodic Moon, 12" / 30 cm  
**PCSB12MSY**



Synodic Day, 12" / 30 cm  
**PCSB12ESY**



Jupiter, 12" / 30 cm  
**PCSB12J**



Chiron, 12" / 30 cm  
**PCSB12CH**



Earth Platonic Year, 12" / 30 cm  
**PCSB12EPL**



Mars, 12" / 30 cm  
**PCSB12MA**



Mercury, 12" / 30 cm  
**PCSB12ME**



Earth Year/Om, 12" / 30 cm  
**PCSB12E**



Sun, 12" / 30 cm  
**PCSB12S**



4



Set, 7 pcs.  
**PCSBSETCHA**

CRYSTAL SINGING BOWLS

**3 PLANETARY TUNED CRYSTAL SINGING BOWLS**

- SIZE** 12" / 30 cm diameter
- MATERIAL** Gemstone (Quartz)
- TUNING**
  - CH:** Chiron 172.86 Hz ≈ F3
  - E:** Earth Year/Om 136.10 Hz (audible 272.2 Hz ≈ C#4)
  - EPL:** Earth Platonic Year 172.06 Hz ≈ F3
  - ESY:** Synodic Day 194.18 Hz ≈ G3
  - J:** Jupiter 183.58 Hz ≈ F#3
  - MA:** Mars 144.72 Hz (audible 289.44 Hz ≈ D4)
  - ME:** Mercury 141.27 Hz (audible 282.54 Hz ≈ C#4)
  - MSY:** Synodic Moon 210.42 Hz ≈ G#3
  - S:** Sun 126.22 Hz (audible 252.44 Hz ≈ B3)
  - SF:** Schumann Resonance 250.56 Hz ≈ B3
  - V:** Venus 221.23 Hz ≈ A3

- FEATURES**
  - Made of high-purity quartz
  - White-frosted
  - Extremely long-lasting resonance
  - Printed symbol
- INCLUDES** White silicone ring

**4 PLANETARY TUNED CRYSTAL SINGING BOWL CHAKRA SET**

- CONTAINS**
  - PCSB12EPL (Crown Chakra)
  - PCSB12V (Brow Chakra)
  - PCSB12ME (Throat Chakra)
  - PCSB12E (Heart Chakra)
  - PCSB12S (Solar Plexus Chakra)
  - PCSB12MSY (Sacral Chakra)
  - PCSB12ESY (Root Chakra)
- INCLUDES**
  - 7 x white silicone ring
  - Crystal Silicone Rod (CSBRL)
  - Crystal Singing Bowl Mallet (CSBM)

# CRYSTAL SINGING BOWLS



**NEW**

**NEW**

**NEW**



Root Chakra, 12" / 30 cm  
**CSBM12C4**



Crown Chakra, 12" / 30 cm  
**CSBM12B3**



Brow Chakra, 12" / 30 cm  
**CSBM12A3**

**NEW**

**NEW**

**NEW**



Throat Chakra, 12" / 30 cm  
**CSBM12G3**



Heart Chakra, 12" / 30 cm  
**CSBM12F3**



Solar Plexus Chakra, 14" / 35 cm  
**CSBM14E3**

**NEW**

**NEW**



Sacral Chakra, 16" / 40 cm  
**CSBM16D3**



Root Chakra, 16" / 40 cm  
**CSBM16C3**



## 1 CRYSTAL SINGING BOWLS, 440 HZ

**SIZES**  
**CSBM12:** 12" / 30 cm diameter  
**CSBM14:** 14" / 35 cm diameter  
**CSBM16:** 16" / 40 cm diameter

**MATERIAL**  
 Gemstone (Quartz)

**TUNING**  
 A4/a' 440 Hz

**CSBM12C4:** Root Chakra, C4  
**CSBM12B3:** Crown Chakra, B3  
**CSBM12A3:** Brow Chakra, A3  
**CSBM12G3:** Throat Chakra, G3  
**CSBM12F3:** Heart Chakra, F3  
**CSBM14E3:** Solar Plexus Chakra, E3  
**CSBM16D3:** Sacral Chakra, D3  
**CSBM16C3:** Root Chakra, C3

**FEATURES**  
 Made of high-purity quartz  
 White-frosted  
 Extremely long-lasting resonance

**INCLUDES**  
 White silicone ring

**2** 440 Hz



Crown Chakra, 8" / 20 cm  
**CSBC8B**



Brow Chakra, 9" / 22 cm  
**CSBC9A**



Throat Chakra, 10" / 25 cm  
**CSBC10G**



Heart Chakra, 11" / 28 cm  
**CSBC11F**



Solar Plexus Chakra, 12" / 30 cm  
**CSBC12E**



Sacral Chakra, 13" / 33 cm  
**CSBC13D**



Root Chakra, 14" / 35 cm  
**CSBC14C**

**3**



440 Hz

Set, 7 pcs.  
**CSBCSETCHA**



CRYSTAL SINGING BOWL  
TRAVEL BAG SET  
(SEE PAGE 17)



**CSBPSSET3**

CRYSTAL SINGING BOWLS

**2 CRYSTAL SINGING BOWLS  
COLOUR-FROSTED**

- SIZES**
- CSBC8**: 8" / 20 cm diameter
  - CSBC9**: 9" / 22 cm diameter
  - CSBC10**: 10" / 25 cm diameter
  - CSBC11**: 11" / 28 cm diameter
  - CSBC12**: 12" / 30 cm diameter
  - CSBC13**: 13" / 33 cm diameter
  - CSBC14**: 14" / 35 cm diameter
- MATERIAL**  
Gemstone (Quartz)
- TUNING**  
A4/a' 440 Hz
- CSBC8B**: Crown Chakra, B4
  - CSBC9A**: Brow Chakra, A4
  - CSBC10G**: Throat Chakra, G4
  - CSBC11F**: Heart Chakra, F4
  - CSBC12E**: Solar Plexus Chakra, E4
  - CSBC13D**: Sacral Chakra, D4
  - CSBC14C**: Root Chakra, C4

- FEATURES** Made of high-purity quartz  
Gradient colour (exterior frosted colour)  
Extremely long-lasting resonance
- INCLUDES** White silicone ring
- COLOURS**
- CSBC8B**: Purple
  - CSBC9A**: Dark Blue
  - CSBC10G**: Light Blue
  - CSBC11F**: Green
  - CSBC12E**: Yellow
  - CSBC13D**: Orange
  - CSBC14C**: Red

**3 CRYSTAL SINGING BOWL  
COLOUR-FROSTED CHAKRA SET**

- CONTAINS**
- CSBC8B (Crown Chakra)
  - CSBC9A (Brow Chakra)
  - CSBC10G (Throat Chakra)
  - CSBC11F (Heart Chakra)
  - CSBC12E (Solar Plexus Chakra)
  - CSBC13D (Sacral Chakra)
  - CSBC14C (Root Chakra)
- INCLUDES**
- 7 x white silicone ring
  - Crystal silicone rods (CSBRM, CSBRHL)
  - Crystal singing bowl mallet (CSBM)

# CRYSTAL SINGING BOWL ACCESSORIES

1



78" / 200 cm, Navy Blue  
**MMR1NB**

78" / 200 cm, Vintage Gold  
**MMR1VG**

2



12.2" / 31 cm, Beige  
**MMC**

3



Mallet  
**CSBM**

4



**NEW**

SOUND BATH DOUBLE  
MALLETS (SEE PAGE 28)



**SB-PDM-FS-M**   **SB-PDM-FS-L**

## 1 MEDITATION RUGS

**SIZE** 78" / 200 cm diameter  
**MATERIALS** 45% cotton, 45% polyester, 10% viscose  
**FEATURES** Suitable as the center of your meditation instruments; Calming spot for relaxation; Washable at 30°C

## 2 MEDITATION CUSHION

**SIZE** 12.2" / 31 cm diameter,  
7.87" / 20 cm height  
**MATERIALS** Cotton; Buckwheat filling  
**FEATURE** Washable at 30°C

## 3 CRYSTAL SINGING BOWL Mallet

**SIZE** 7.8"  
**MATERIALS** Wood; Silicone  
**FEATURE** Perfect for gently tapping or rubbing crystal singing bowls

## 4 CRYSTAL SILICONE RODS

**SIZES** **M:** Medium (7.8")  
**L:** Large (9.0")  
**MT:** Medium (9.3")  
**LT:** Large (10.4")  
**MATERIAL** Silicone coated glass  
**FEATURES** Perfect for gently tapping or rubbing crystal singing bowls; Super soft surface for silent play  
**CSBRHM, CSBRHL:** Glass handle for a comfortable grip  
**CSBRHMT, CSBRHLT:** Silicone tip

## 5 CRYSTAL SINGING BOWL BAGS

**SIZES** **CSBB8:** For 8" crystal singing bowls  
**CSBB10:** For 9" to 10" crystal sing. bowls  
**CSBB12:** For 11" to 12" crystal sing. bowls  
**CSBB14:** For 13" to 14" crystal sing. bowls  
**CSBB16:** For 15" to 16" crystal sing. bowls  
**MATERIAL** Heavy-duty nylon  
**FEATURES** Secure storage and transport; Carrying grip; Double-slide zipper; External pocket  
**COLOUR** **BR:** Brown

**5 NEW**



8" / 20 cm  
**CSBB8BR**

10" / 25 cm  
**CSBB10BR**

12" / 30 cm  
**CSBB12BR**

14" / 35 cm  
**CSBB14BR**

16" / 40 cm  
**CSBB16BR**

**6 NEW**



8" / 20 cm  
**CSBS8BR**

9" / 22 cm  
**CSBS9BR**

10" / 25 cm  
**CSBS10BR**

11" / 28 cm  
**CSBS11BR**

12" / 30 cm  
**CSBS12BR**

13" / 33 cm  
**CSBS13BR**

14" / 35 cm  
**CSBS14BR**

16" / 40 cm  
**CSBS16BR**

**7 NEW**



Set, 7 pcs.  
**CSBPSSET2**

**8 NEW**



Set, 8 pcs.  
**CSBPSSET3**

CRYSTAL SINGING BOWLS

**6 CRYSTAL SINGING BOWL SLEEVES**

- SIZES**
- CSBS8**: For 8" crystal singing bowls
  - CSBS9**: For 9" crystal singing bowls
  - CSBS10**: For 10" crystal singing bowls
  - CSBS11**: For 11" crystal singing bowls
  - CSBS12**: For 12" crystal singing bowls
  - CSBS13**: For 13" crystal singing bowls
  - CSBS14**: For 14" crystal singing bowls
  - CSBS16**: For 16" crystal singing bowls

**MATERIAL** Heavy-duty nylon  
**FEATURE** Secure storage  
**COLOUR** Brown

**8 CRYSTAL SINGING BOWL TRAVEL BAG SET**

- CONTAINS** 6 x sleeve: 8", 9", 10", 11", 12", 13"  
2 x carrying bag 14"
- FEATURE** Secure storage and transport for your Crystal Singing Bowl Chakra Set (CSBSETCHA & CSBCSETCHA)

**7 CRYSTAL SINGING BOWL SLEEVE SET**

- CONTAINS** 7 x sleeve: 8", 9", 10", 11", 12", 13", 14"
- FEATURE** Secure storage for your Crystal Singing Bowl Chakra Set (CSBSETCHA & CSBCSETCHA)

# CRYSTAL SINGING BOWLS

**1** NEW



963 Hz, 3.25" / 8.3 cm  
**ESOLCSB963**



La 852 Hz, 3.75" / 9.5 cm  
**ESOLCSB852**



Sol 741 Hz, 3.75" / 9.5 cm  
**ESOLCSB741**



Fa 639 Hz, 4.25" / 10.8 cm  
**ESOLCSB639**



Mi 528 Hz, 4.5" / 11.5 cm  
**ESOLCSB528**



ONE BAG PER BOWL INCLUDED



Re 417 Hz, 5.75" / 14.6 cm  
**ESOLCSB417**



Ut 396 Hz, 5.75" / 14.6 cm  
**ESOLCSB396**



285 Hz, 6.75" / 17 cm  
**ESOLCSB285**



174 Hz, 8" / 20 cm  
**ESOLCSB174**

## **1** ESSENCE SOLFEGGIO CRYSTAL SINGING BOWLS

**SIZES**

- ESOLCSB174:** 8" / 20 cm diameter
- ESOLCSB285:** 6.75" / 17 cm diameter
- ESOLCSB396:** 5.75" / 14.6 cm diameter
- ESOLCSB417:** 5.75" / 14.6 cm diameter
- ESOLCSB528:** 4.5" / 11.5 cm diameter
- ESOLCSB639:** 4.25" / 10.8 cm diameter
- ESOLCSB741:** 3.75" / 9.5 cm diameter
- ESOLCSB852:** 3.75" / 9.5 cm diameter
- ESOLCSB963:** 3.25" / 8.3 cm diameter

**MATERIAL** Gemstone (Quartz, galvanised)

**TUNING**

- 174:** 174 Hz
- 285:** 285 Hz
- 396:** Ut 396 Hz
- 417:** Re 417 Hz
- 528:** Mi 528 Hz
- 639:** Fa 639 Hz
- 741:** Sol 741 Hz
- 852:** La 852 Hz
- 963:** 963 Hz

**FEATURES** Clear, strong and rich vibrations; Dynamic overtones; Made of high-purity quartz; Expertly handcrafted; Extremely long-lasting resonance

**INCLUDES** Carrying bag  
Suede mallet  
**ESOLCSB174, ESOLCSB285:** Silicone ring

**COLOURS**

- ESOLCSB174:** Brandy Rose
- ESOLCSB285:** Turquoise Green
- ESOLCSB396:** Olive Green
- ESOLCSB417:** Copper Brown
- ESOLCSB528:** Sunrise Blue
- ESOLCSB639:** Indigo Blue
- ESOLCSB741:** Lavender Purple
- ESOLCSB852:** Mango Mojito
- ESOLCSB963:** Coral Reef

**2 NEW**



CRYSTAL SINGING BOWLS

6 pcs.  
**ESOLCSBSET**

**2 ESSENCE SOLFEGGIO CRYSTAL SINGING BOWL SET**

**CONTAINS** ESOLCSB396  
ESOLCSB417  
ESOLCSB528  
ESOLCSB639  
ESOLCSB741  
ESOLCSB852

**INCLUDES** 2 x carrying bag  
4 x suede mallet



# CRYSTAL SINGING BOWLS

1 440 Hz



Solar Plexus Chakra, 6" / 15 cm  
ECSB6E4CL



Root Chakra, 6.7" / 17 cm  
ECSB67C4OR

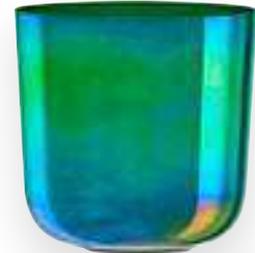
ONE BAG PER BOWL INCLUDED



Crown Chakra, 7" / 18 cm  
ECSB7B3C



Throat Chakra, 7.5" / 19 cm  
ECSB75G3LPK



Heart Chakra, 8" / 20 cm  
ECSB8F3MB

2

3 BAGS INCLUDED

440 Hz



Set, 3 pcs.  
ECSBSETEBG

440 Hz

3 BAGS INCLUDED



Set, 3 pcs.  
ECSBSETECG

## 1 ESSENCE CRYSTAL SINGING BOWLS

**SIZES**  
**ECSB6E4CL:** 6" / 15 cm diameter  
**ECSB67C4OR:** 6.7" / 17 cm diameter  
**ECSB7B3C:** 7" / 18 cm diameter  
**ECSB75G3LPK:** 7.5" / 19 cm diameter  
**ECSB8F3MB:** 8" / 20 cm diameter

**MATERIAL** Gemstone (Quartz, galvanised)  
**TUNING** A4/a' 440 Hz

**ECSB6E4CL:** Solar Plexus Chakra, E4  
**ECSB67C4OR:** Root Chakra, C4  
**ECSB7B3C:** Crown Chakra, B3  
**ECSB75G3LPK:** Throat Chakra, G3  
**ECSB8F3MB:** Heart Chakra, F3

**FEATURES**  
 Clear, strong and rich vibrations;  
 Dynamic overtones; Made of high-purity quartz; Expertly handcrafted; Extremely long-lasting resonance

**INCLUDES**  
 White silicone ring  
 Crystal silicone rod (CSBRM)  
 Bag

**COLOURS**  
**ECSB6E4CL:** Clear  
**ECSB67C4OR:** Orange  
**ECSB7B3C:** Creamy  
**ECSB75G3LPK:** Lotus Pink  
**ECSB8F3MB:** Mint Blue

## 2 ESSENCE CRYSTAL SINGING BOWL SETS

**CONTAINS** **ECSBSETEBG:**  
 ECSB6E4CL (Solar Plexus Chakra)  
 ECSB7B3C (Crown Chakra)  
 ECSB75G3LPK (Throat Chakra)

**ECSBSETECG:**  
 ECSB6E4CL (Solar Plexus Chakra)  
 ECSB67C4OR (Root Chakra)  
 ECSB75G3LPK (Throat Chakra)

**INCLUDES**  
 3 x white silicone ring  
 2 x crystal silicone rod (CSBRM)  
 3 x bag

# CRYSTAL SINGING CHALICES & BAGS



Heart Chakra,  
Flower of Life, 6" / 15 cm  
**CSC6FPFOL**



Heart Chakra,  
Flower of Life, 8" / 20 cm  
**CSC8FPFOL**



Brow Chakra, 5.5" / 14 cm  
**CSC55AC**



Root Chakra, 6.75" / 17 cm  
**CSC675CC**



Crown Chakra, 7" / 18 cm  
**CSC7BCL**



RESONANT Mallet PERFECT  
FOR PLAYING CRYSTAL SINGING  
CHALICES (SEE PAGE 28)



**SB-RM-LE**

2

**NEW**



6" / 15 cm  
**CSCB6BR**

7" / 18 cm  
**CSCB7BR**

8" / 20 cm  
**CSCB8BR**

CRYSTAL SINGING CHALICES

## 1 CRYSTAL SINGING CHALICES

**SIZES** **CSC55AC:** 5.5" / 14 cm diameter  
**CSC6FPFOL:** 6" / 15 cm diameter  
**CSC675CC:** 6.75" / 17 cm diameter  
**CSC7BCL:** 7" / 18 cm diameter  
**CSC8FPFOL:** 8" / 20 cm diameter

**MATERIAL** Gemstone (Quartz, galvanised)

**TUNING** A4/a' 440 Hz  
**CSC55AC:** Brow Chakra, A4  
**CSC6FPFOL:** Heart Chakra, F4  
**CSC675CC:** Root Chakra, C4  
**CSC7BCL:** Crown Chakra, B3  
**CSC8FPFOL:** Heart Chakra, F3

**FEATURES** Clear, strong and rich vibrations;  
Dynamic overtones; Made of high-purity quartz; Expertly handcrafted; Extremely long-lasting resonance

**FINISHES** **CSC55AC, CSC675CC:** Creamy  
**CSC6FPFOL:** Pink  
**CSC7BCL:** Clear  
**CSC8FPFOL:** Purple

**SYMBOL** **FOL:** Flower of Life

## 2 CRYSTAL SINGING CHALICE BAGS

**SIZES** **CSCB6:** For 5.5" to 6" singing chalices  
**CSCB7:** For 6.5" to 7" singing chalices  
**CSCB8:** For 7.5" to 8" singing chalices

**MATERIAL** Heavy-duty nylon

**FEATURES** Secure storage and transport; Carrying grip; Double-slide zipper; External pocket

**COLOUR** **BR:** Brown

# A Love called Singing Bowls



Singing bowls are fascinating instruments that can be used for everything from yoga and meditation to massages, beauty treatments, music, and even in kindergartens and schools.

My journey with them began in 2014 during a Silent Meditation Retreat in a Nepalese Buddhist Monastery, where one of the monks used the same singing bowl every morning to end the silent meditation. I could feel an intense resonance in my body, and as soon as I came back home, I started researching but didn't get the results I was expecting.

A couple of months later, I came across the singing bowls of Sonic Energy during the Meinl Percussion Festival, and a small set of four Cosmos singing bowls marked the beginning of a deeper exploration. I took some courses but soon realized I needed to do my own research to truly understand these instruments.



## Here's what I learned

First and foremost: quality and condition are crucial. It's essential that singing bowls are of excellent quality, especially when we seek healing effects from them. Not every bowl is capable of producing the resonances needed for healing, which is why we must carefully research and choose wisely. As a teacher, I often encounter a variety of bowls brought by my students to courses. We measure their frequencies and tones, and many are surprised to discover that the bowl's true characteristics differ from what they initially thought or why they purchased it.

Sonic Energy brought reliable quality to the European market, making it possible to buy online with confidence. While I honor the ancient legacy of bowls, I embrace a modern approach, blending tradition with today's fast-paced world.

## Yin & Yang aspects of Singing Bowls

The singing bowl represents the feminine (yin), while the mallet is the masculine aspect (yang). Every time we strike the bowl, we are co-creating harmony and balance, symbolizing new life and fulfillment. Each bowl has a unique "personality," and surprisingly, some don't always sing, which is why I teach my students to carefully listen to their instruments. If you listen closely, you'll learn that each bowl communicates.

As soon as you enter the energetic field of a person or yourself, observe how the sound and resonance develop. If the sound fades quickly, focus on that area until the resonance deepens. This indicates the body is relaxing, shifting from disharmony to balance. Therapeutic bowls like the Cosmos or Energy series (see pages 25, 26) help to reset the body with their rich vibration. This practice can also be helpful for mental well-being when played softly near the head.

I don't follow a strict structure. Over the years, I've developed my own approach, using bowls flexibly based on the client's needs and the bowl's response. Each session becomes a creative, personalized healing experience because everyone is different.

I still work daily with my first Cosmos bowls, along with two Universal series bowls. Since the Origin series (see page 27) came out, I've integrated them for their clear meditative sound. Two years ago, I added a 13000 g Grounding Bowl (see page 27), which everyone loves.

Singing bowls are pure love, revealing their secret world to us and enriching our lives. Enjoy your journey with your favorite singing bowls!

### About Lucia

Lucia Nosko is a Sound Healer based in Slovakia who has been using Sound Therapy to help people improve their physical, emotional, and spiritual well-being. With her Sound Healing Slovakia practice, Lucia offers individual sessions, workshops, and group sound baths using a variety of instruments such as singing bowls and gongs. Lucia is passionate about sharing the transformative power of sound and being a Brand Ambassador for Sonic Energy since 2024.

[www.soundhealingslovakia.sk](http://www.soundhealingslovakia.sk)

# Enhance Your Relaxation Practice with the Transformative Power of Sound

Yoga Nidra, also known as "yogic sleep", is a state of conscious relaxation induced through a guided meditation practice. This form of meditation brings about deep physical, emotional, and mental relaxation.

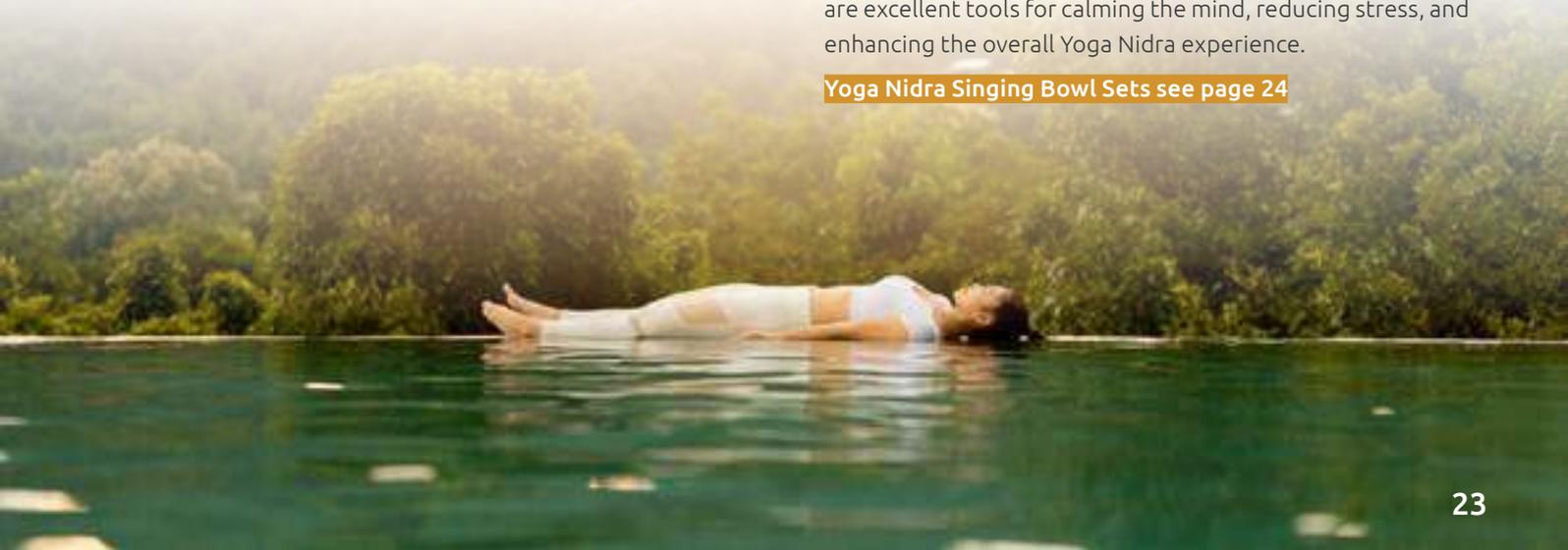
During Yoga Nidra, the mind is led through various mindfulness exercises, including awareness of physical sensations, breathing techniques, visualizations, and feelings of inner peace.

The goals of Yoga Nidra range from promoting relaxation and stress reduction to supporting self-healing and spiritual growth. Regular practice can improve overall well-being, calm the mind, and relieve emotional stress. Supported by the transformative power of sound, this experience becomes even more profound.

The Sonic Energy 3-piece Yoga Nidra Singing Bowl Set is handcrafted in India from a special bronze alloy, ensuring a high-quality sound experience. These three singing bowls can be used individually or together to deepen your Yoga Nidra practice, creating a soothing, immersive atmosphere. Their rich tones guide you into a state of deep relaxation, making them the perfect companion for achieving balance and inner peace during meditation.

For a more profound experience, the 5-piece Singing Bowl Set expands the sound range, offering a more dynamic and versatile meditation session. The additional bowls provide a variety of tones tailored to each phase of practice, fostering deeper relaxation and smoother energy flow. Whether used in personal meditation or group sessions, these sets are excellent tools for calming the mind, reducing stress, and enhancing the overall Yoga Nidra experience.

**Yoga Nidra Singing Bowl Sets see page 24**



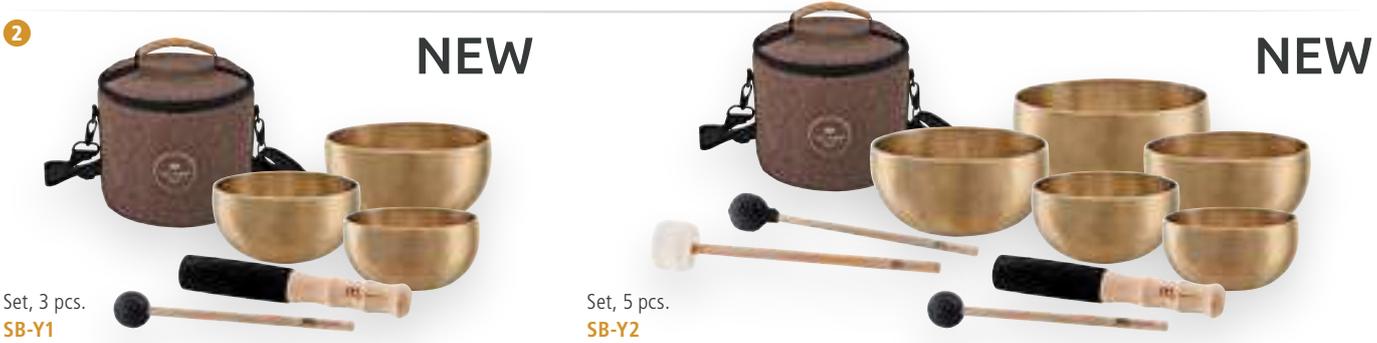
# SINGING BOWLS

1



~400 g **SB-U-400**    ~500 g **SB-U-500**    ~600 g **SB-U-600**    ~700 g **SB-U-700**    ~750 g **SB-U-750**    ~1000 g **SB-U-1000**    ~1700 g **SB-U-1700**    ~2300 g **SB-U-2300**

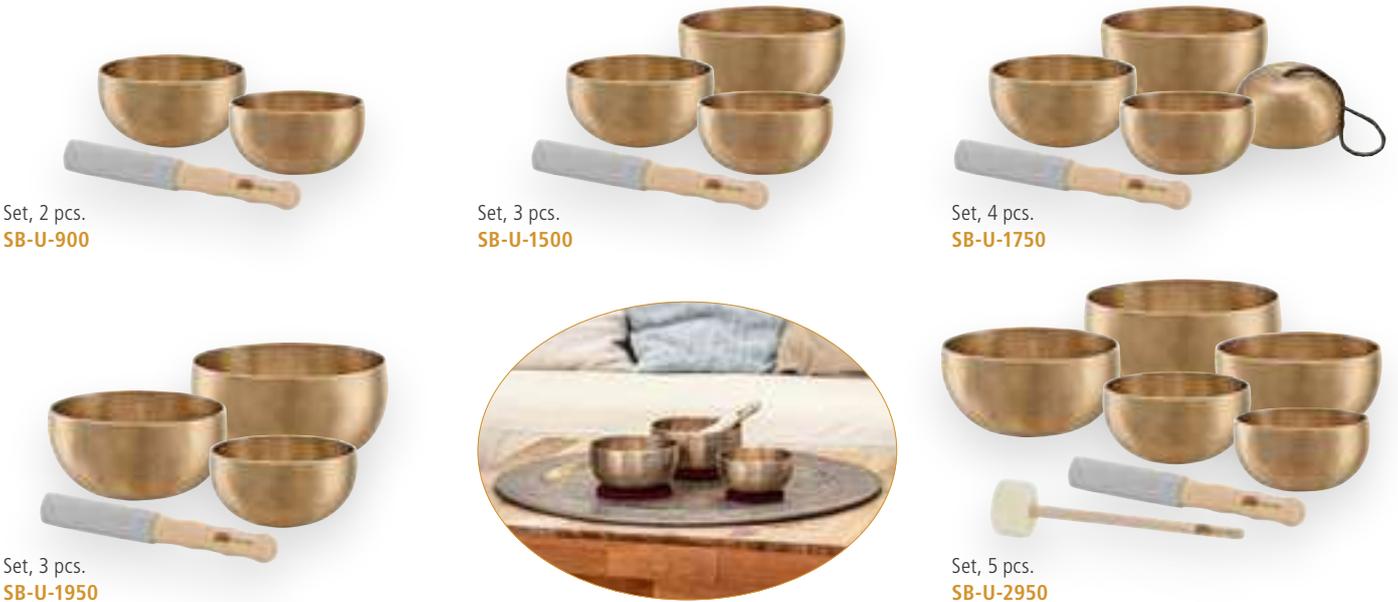
2



Set, 3 pcs.  
**SB-Y1**

Set, 5 pcs.  
**SB-Y2**

3



Set, 2 pcs.  
**SB-U-900**

Set, 3 pcs.  
**SB-U-1500**

Set, 4 pcs.  
**SB-U-1750**

Set, 3 pcs.  
**SB-U-1950**

Set, 5 pcs.  
**SB-U-2950**

## 1 UNIVERSAL SINGING BOWLS

**DIMENSIONS** **SB-U-400:** ~4.5" diameter; ~400 g  
**SB-U-500:** ~4.9" diameter; ~500 g  
**SB-U-600:** ~5.5" diameter; ~600 g  
**SB-U-700:** ~5.9" diameter; ~700 g  
**SB-U-750:** ~6.5" diameter; ~750 g  
**SB-U-1000:** ~8.3" diameter; ~1000 g  
**SB-U-1700:** ~9.8" diameter; ~1700 g  
**SB-U-2300:** ~11.2" diameter; ~2300 g

**MATERIAL** Special bronze alloy

**FEATURES** Ideal for yoga and meditation  
 Handcrafted masterpiece made in India  
 Engraved logo

**INCLUDES** Corresponding cover and felt ring

## 2 YOGA NIDRA SINGING BOWL SETS

**CONTAINS** **SB-Y1:** SB-U-400, SB-U-500, SB-U-600  
**SB-Y2:** SB-U-400, SB-U-500, SB-U-600, SB-U-700, SB-U-750

**FEATURES** Guides through the stages of Yoga Nidra; Promotes deep relaxation and stress relief; Use individually or as a set

**INCLUDES** **SB-Y1:** Carrying bag (CBCB), corresponding covers, fleece pads and two different mallets  
**SB-Y2:** Carrying bag (CBCB), corresponding covers, fleece pads and four different mallets

## 3 UNIVERSAL SINGING BOWL SETS

**CONTAINS** **SB-U-900:** SB-U-400, SB-U-500  
**SB-U-1500:** SB-U-400, SB-U-500, SB-U-600

**SB-U-1750:** SB-U-400, SB-U-500, SB-U-600, SB-C-250

**SB-U-1950:** SB-U-500, SB-U-700, SB-U-750

**SB-U-2950:** SB-U-400, SB-U-500, SB-U-600, SB-U-700, SB-U-750

**INCLUDES** Corresponding covers and felt rings  
 Resonant Mallet (SB-RM-LE)

**SB-U-2950:** Mallet (SB-M-LT-S)

4

SHAPE



~700 g  
**SB-E-700**

~1000 g  
**SB-E-1000**

~1400 g  
**SB-E-1400**

~1800 g  
**SB-E-1800**

~2200 g  
**SB-E-2200**

~2500 g  
**SB-E-2500**

5



Set, 3 pcs.  
**SB-E-3100**



Set, 3 pcs.  
**SB-E-5400**

Therapy  
Basis Set



Set, 3 pcs.  
**SB-E-4600**



**4 ENERGY THERAPY SINGING BOWLS**

**DIMENSIONS** **SB-E-700**: ~6.4" diameter; ~700 g  
**SB-E-1000**: ~7.8" diameter; ~1000 g  
**SB-E-1400**: ~9.0" diameter; ~1400 g  
**SB-E-1800**: ~10.2" diameter; ~1800 g  
**SB-E-2200**: ~11.4" diameter; ~2200 g  
**SB-E-2500**: ~12.2" diameter; ~2500 g

**MATERIAL** Special bronze alloy  
**FEATURES** Ideal for upper body sound massage  
Reinforcement rim that will produce a high tone at first followed afterwards by a deep tone  
Handcrafted masterpiece made in India  
Engraved logo  
**INCLUDES** Corresponding cover and felt ring

**5 ENERGY THERAPY SINGING BOWL SETS**

**CONTAINS** **SB-E-3100**: SB-E-700, SB-E-1000, SB-E-1400  
**SB-E-4600**: SB-E-1000, SB-E-1400, SB-E-2200  
**SB-E-5400**: SB-E-1400, SB-E-1800, SB-E-2200  
**INCLUDES** Corresponding covers and felt rings  
**SB-E-3100**: Resonant Mallet (SB-RM-LE), Mallet (SB-M-ST-L)  
**SB-E-4600**: Professional Mallets (SB-PM-MF-S, SB-PM-MF-L)  
**SB-E-5400**: Resonant Mallet (SB-RM-LE), Mallets (SB-M-LT-L, SB-M-ST-L)

# SINGING BOWLS



~250 g **SB-C-250**    ~650 g **SB-C-650**    ~800 g **SB-C-800**    ~1000 g **SB-C-1000**    ~1500 g **SB-C-1500**    ~2000 g **SB-C-2000**    ~2500 g **SB-C-2500**



Medium **SBSHM**



Set, 4 pcs. **SB-C-2700**



Set, 3 pcs. **SB-C-3800**



Set, 4 pcs. **SB-C-4750**



Set, 7 pcs. **SB-SET-CHA**

## 1 COSMOS THERAPY SINGING BOWLS

**DIMENSIONS** **SB-C-250**: ~3.7" diameter; ~250 g  
**SB-C-650**: ~5.8" diameter; ~650 g  
**SB-C-800**: ~6.6" diameter; ~800 g  
**SB-C-1000**: ~7.6" diameter; ~1000 g  
**SB-C-1500**: ~9.0" diameter; ~1500 g  
**SB-C-2000**: ~10.3" diameter; ~2000 g  
**SB-C-2500**: ~11.5" diameter; ~2500 g

**MATERIAL** Special bronze alloy

**FEATURES** Ideal for yoga and meditation; Generates a sustained deep tone that will fill a room with ambient sounds; Handcrafted masterpiece made in India; Engraved logo

**INCLUDES** Corresponding cover and felt ring

## 2 SUCTION HOLDER

**SIZE** Medium (7.9")

**MATERIALS** Beech handle; PVC suction pad

**FEATURES** Direct healing vibrations to specific areas of the body; Perfect for therapeutic use; For singing bowls from 700 g to 1500 g

## 3 COSMOS THERAPY SINGING BOWL SETS

**CONTAINS** **SB-C-2700**: SB-C-250, SB-C-650, SB-C-800, SB-C-1000  
**SB-C-3800**: SB-C-800, SB-C-1000, SB-C-2000

**SB-C-4750**: SB-C-250, SB-C-1000, SB-C-1500, SB-C-2000

**INCLUDES** Corresponding covers and felt rings

**SB-C-2700**: Resonant Mallet (SB-RM-LE), Mallet (SB-M-LT-S)

**SB-C-3800**: Professional Mallets (SB-PM-MF-S, SB-PM-MF-L)

**SB-C-4750**: Resonant Mallet (SB-RM-LE), Mallets (SB-M-LT-L, SB-M-ST-L)

## 4 SINGING BOWL CHAKRA SET

**CONTAINS** SB-C-250 (Crown Chakra), SB-E-700 (Brow Chakra), SB-E-1000 (Throat Chakra), SB-E-1400 (Heart Chakra), SB-C-1500 (Solar Plexus Chakra), SB-E-1800 (Sacral Chakra), SB-E-2200 (Root Chakra)

**INCLUDES** Corresponding covers and felt rings  
Mallets (SB-M-LT-L, SB-M-ST-L, SB-M-ST-S, SB-M-LT-S)  
Professional Mallet (SB-PDM-F-XL)

## 5 ORIGIN SINGING BOWLS

**DIMENSIONS** **SB-O-600**: ~5.1" diameter; ~600 g  
**SB-O-700**: ~5.7" diameter; ~700 g  
**SB-O-900**: ~6.7" diameter; ~900 g

**MATERIAL** Special bronze alloy

**FEATURES** Ideal for yoga and meditation  
Handcrafted masterpiece made in India  
Engraved logo on the bottom

**INCLUDES** Corresponding cover and felt ring

5



~600 g  
**SB-O-600**



~700 g  
**SB-O-700**



~900 g  
**SB-O-900**



6



Set, 3 pcs.  
**SB-O-2200**

7



Flower of Life, ~1000 g  
**SB-S-FOL-1000**



Venus Flower, ~1000 g  
**SB-S-VF-1000**



8



~5000 g  
**SB-G-5000**



~6000 g  
**SB-G-6000**



~9000 g  
**SB-G-9000**



~10000 g  
**SB-G-10000**



~11000 g  
**SB-G-11000**



~12000 g  
**SB-G-12000**



~13000 g  
**SB-G-13000**



~14000 g  
**SB-G-14000**



~15000 g  
**SB-G-15000**

**6 ORIGIN SINGING BOWL SET**

**CONTAINS** SB-O-600, SB-O-700, SB-O-900  
**INCLUDES** Corresponding covers and felt rings  
Mallet (SB-M-ST-L)

**7 SYNTHESIS SINGING BOWLS**

**DIMENSIONS** ~7.6" diameter; ~1000 g  
**MATERIAL** Special bronze alloy  
**FEATURES** Ideal for meditation, sound therapy, concerts and yoga; Generates a sustained deep tone that will fill a room with ambient sounds; Handcrafted masterpiece made in India; Engraved logo  
**INCLUDES** Corresponding cover and felt ring  
**SYMBOLS** **FOL:** Flower of Life  
**VF:** Venus Flower

**8 GROUNDING SINGING BOWLS**

**DIMENSIONS** **SB-G-5000:** ~15.8" diameter; ~5000 g  
**SB-G-6000:** ~15.8" diameter; ~6000 g  
**SB-G-9000:** ~18.9" diameter; ~9000 g  
**SB-G-10000:** ~19.7" diameter; ~10000 g  
**SB-G-11000:** ~20.5" diameter; ~11000 g  
**SB-G-12000:** ~20.9" diameter; ~12000 g  
**SB-G-13000:** ~22.1" diameter; ~13000 g  
**SB-G-14000:** ~23.2" diameter; ~14000 g  
**SB-G-15000:** ~23.2" diameter; ~15000 g  
**MATERIAL** Special bronze alloy  
**FEATURES** Ideal for sound therapy and can also be used for a full body experience by standing in these bowls; Handcrafted masterpiece made in India; Engraved logo  
**INCLUDES** Corresponding buckwheat cushion

# SINGING BOWL ACCESSORIES &

1



2



3



4



GONG BEATERS PERFECT FOR PLAYING SINGING BOWLS (SEE PAGE 38)



5



## 1 MALLETS

**DIMENSIONS** SB-M-ST-S: Small felt tip; Small (8.27")  
 SB-M-LT-S: Large felt tip; Small (8.27")  
 SB-M-ST-L: Small felt tip; Large (12.44")  
 SB-M-LT-L: Large felt tip; Large (12.44")

**MATERIAL** Indian eucalyptus tree wood

## 2 PROFESSIONAL MALLETS

**DIMENSIONS** SB-PM-SR-S: Soft rubber tip; Small (8.86")  
 SB-PM-HFS-S: Hard felt, small tip; Small (8.86")  
 SB-PM-HFM-S: Hard felt, medium tip; Small (8.86")  
 SB-PM-HFL-L: Hard felt tip, Large (13.78")  
 SB-PM-MF-S: Medium felt tip; Small (12.01")  
 SB-PM-MF-M: Medium felt tip; Medium (12.99")

SB-PM-MF-L: Medium felt tip; Large (13.78")

SB-PDM-F/R-S: Double Mallet; Felt & rubber tip; Small (9.25")  
 SB-PDM-F-XL: Double Mallet; Felt tips; X-Large (15.94")

**MATERIALS** Sapele wood handle except:  
 SB-PDM-F-XL: Maple handle

## 3 SOUND BATH DOUBLE MALLETS

**DIMENSIONS** SB-PDM-FS-M: Double Mallet; Felt & silicone tip; Medium (11.81")  
 SB-PDM-FS-L: Double Mallet; Felt & silicone tip; Large (13.78")

**MATERIALS** Sapele wood handle; Felt; Silicone

**FEATURE** Effortlessly switch between metallic and crystal singing bowls

## 4 GROUNDING SINGING BOWL Mallet

**DIMENSIONS** Fleece tip, XX-Large (27.56")

**MATERIALS** Beech wood handle; Synthetic fleece

## 5 RESONANT MALLETS

**DIMENSIONS** SB-RM: Plain; 7.91"  
 SB-RM-LE: Suede leather; 7.91"  
 SB-RM-LE-L: Suede leather; 10.24"  
 SB-RM-LE-XL: Suede leather; 10.63"

**MATERIAL** Indian eucalyptus tree wood

# ORNAMENTAL, OM SINGING BOWLS



**6**  
SB-FR-08  
SB-FR-10  
SB-FR-13  
SB-FR-16



**8**  
SB-BC-10  
SB-BC-16  
SB-BC-21  
SB-BC-26



**7**  
SB-CB-20 SB-CB-25 SB-CB-30 SB-CB-38 SB-CB-50



**9**  
Set, 3 pcs.: ~170 g; ~260 g; ~340 g  
SBZ1



~300 g  
SB-OR-300-BK



~300 g  
SB-OR-300-R



Set, 3 pcs.: ~170 g; ~260 g; ~340 g  
SBZ2



~400 g  
SB-OR-400-BK



~400 g  
SB-OR-400-R



~300 g  
SB-OM-300

**6 FELT RINGS**  
SIZES **SB-FR-08:** 3.15" diameter  
**SB-FR-10:** 3.94" diameter  
**SB-FR-13:** 5.12" diameter  
**SB-FR-16:** 6.3" diameter  
MATERIAL Natural felt  
FEATURE Nonslip

**7 COTTON BAGS**  
SIZES **SB-CB-20:** 7.87" x 7.87"  
**SB-CB-25:** 9.84" x 9.84"  
**SB-CB-30:** 11.81" x 11.81"  
**SB-CB-38:** 14.96" x 14.96"  
**SB-CB-50:** 19.69" x 19.69"  
MATERIALS Natural cotton linen fabric  
Synthetic fleece inlay  
FEATURES Safe transport method;  
Prevents from scratches

**8 BUCKWHEAT CUSHIONS**  
SIZES **SB-BC-10:** 3.94" diameter  
**SB-BC-16:** 6.3" diameter  
**SB-BC-21:** 8.27" diameter  
**SB-BC-26:** 10.24" diameter  
FEATURES Filled with buckwheat;  
Transferring vibrations while playing

**9 SINGING BOWL SETS**  
SIZES 2.8"; 3.5"; 3.9" diameter  
~170 g; ~260 g; ~340 g  
MATERIAL Special cast alloy  
FEATURES High and clear tone; Perfect for meditation  
INCLUDES Cloth bags; Mallet  
SBZ1: Felt coasters

**10 ORNAMENTAL SINGING BOWLS**  
DIMENSIONS **SB-OR-300:** ~3.74" diameter; ~300 g  
**SB-OR-400:** ~4.13" diameter; ~400 g  
MATERIAL Special cast alloy  
FEATURES Hand-painted ornamental design;  
Great gift idea  
**SB-OR-300:** Consistently warm,  
high-pitched sound  
**SB-OR-400:** Consistently warm,  
low-pitched sound  
INCLUDES Corresponding mallet and coaster  
**BK:** Black gift box  
**R:** Red gift box

**11 OM SINGING BOWL**  
DIMENSIONS ~4.33" diameter; ~300 g  
MATERIAL Special cast alloy  
FEATURES Consistently warm, low-pitched sound;  
Hand-painted Om design; Great gift idea  
INCLUDES Corresponding mallet, ring and gift box