

## Sound Bath



Take a moment for yourself and indulge in the meditative practice of a Sound Bath. Relax and rejuvenate with the soothing sounds of Tibetan bells, gongs, and Koshi chimes, and experience a profound sense of inner well-being.

Dates: 15 July

12 August

Time: 8:00 PM

Duration: 1 hour

Price per person: 50€

For information: momln-spa@mohg.com +39 02 8731 8882