

VISHAL SUKHATANKAR

SOULFUL HARMONY: HEALING THROUGH TOUCH AND SOUND

With over 17 years of experience in alternative healing and certified in multiple disciplines including Bach Flower Therapy, sound healing and yoga, Vishal inspires a profound sense of healing through his unique fusion of techniques. His workshops are meticulously designed to address the intricate connections between mind, body, and emotions, whilst personalised sessions are tailored to specific personal needs.

From emotional and intuitive touch healing to Aqua Resonance, merging sound and water, his sessions provide a transformative experience within the serene setting of Zulal Wellness Resort.



EMOTIONAL HEALING: INTUITIVE TOUCH HEALING

60 MINUTES | QAR 850

90 MINUTES | QAR 950

Embrace a unique method of healing that integrates Emotional Freedom Techniques (EFT) with touch healing, affirmations, and Tibetan Bowls. This session aims to heal not just the physical body, but also the subconscious mind by addressing and releasing deep-seated emotions. Design crafted to empower you to reach your fullest levels of healing potential, this remarkable treatment fosters a state of total balance and profound emotional wellbeing.

AQUA RESONANCE: MERGING SOUND AND WATER THERAPY FOR TOTAL RELAXATION

60 MINUTES | QAR 850

Encounter ultimate relaxation with Aqua Resonance, a transformative therapy that combines the calming vibrations of singing bowls with the therapeutic effects of water. Floating effortlessly in a private pool as the bowls are placed on the body. Experience deep relaxation and a sensation of weightlessness. Designed to reduce stress and improve sleep quality, helping to alleviate muscle tension and pain. When paired with Nada Yoga, the ancient practice of sound meditation, the synergy created between sound and water therapy offers an unparalleled experience of tranquillity and harmony.

For bookings and enquiries, please dial 6900 or +974 4477 6555
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