



**My training at the Peter Hess®  
Institute - professionalism and  
expertise since 1984**

I am a certified Peter Hess® Sound Massage Practitioner accredited by the Peter Hess® Institute (PHI) in Germany, specifically one of over 20 Peter Hess® Academies worldwide. Since 1984, the PHI has been a renowned institution for training and further education in Peter Hess® Sound Massage and the sound methods derived from it. My training has equipped me with a solid understanding of the effects of sound and vibration on the body and mind. Through personal experiences and reflection, I have deepened my knowledge and developed a professional and responsible attitude toward all my clients.

**My Sound Massage treatments are  
characterized by a "less is more"  
approach, along with mindfulness and  
appreciation.**

You can find detailed information about the Peter Hess® Institute, Sound Massage, and Sound Methods at:  
[www.peter-hess-institut.de](http://www.peter-hess-institut.de)



**A relaxed body and a calm, open mind:  
discover how to restore your inner  
harmony through Sound Massage.**

macbalans

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*Kosten sessie van 1 uur incl. voor- en  
nabespreken bedraagt € 50,-.*

I am a member of:



The professional association is responsible for ensuring the quality of Sound Massage, among other things. It is a member of the Dachverband der Freien Gesundheitsberufe (Umbrella Organization of Independent Health Professions).  
[www.fachverband-klang.de](http://www.fachverband-klang.de)

## PETER HESS® SOUND MASSAGE



*Pure relaxation for body,  
mind and soul!*





## What is a Peter Hess® Sound Massage?

To put it simply, Sound Massage is a treatment that involves the placement of Peter Hess® Therapy Singing Bowls on and around the clothed body.

The bowls vary in size, each producing a distinct sound and frequency range. When positioned and struck correctly by the Sound Massage Practitioner, clients may experience the true power of Sound Massage, discovering an incredibly calming and holistic approach to relaxation.

By listening to the harmonious sounds of singing bowls and gongs during a sound massage, our thoughts may come to rest while our bodies absorb the subtle vibrations that gently loosen and free us from stored energy.

**Discover the beneficial effects of sound and experience greater relaxation and joy in life!**

## Peter Hess® Sound Massage is a fusion of tradition and modernity

The art of sound healing and its effects have been present in cultures across the globe for thousands of years. These practices were designed to guide individuals back to a state of inner balance, thereby reinforcing their self-healing abilities.



Peter Hess spent years travelling and researching Eastern cultures. The experiences he gained there inspired the former engineer and vocational school teacher to develop Sound Massage with Singing Bowls. He is the pioneer of this remarkable relaxation technique, which combines the wisdom of ancient traditions with contemporary findings from psychology and neuroscience.

**Only a person who lives in harmony with themselves and their environment can shape their life in a truly free and creative way.**

## The holistic effects of Sound Massage

The holistic effects of a professional Peter Hess® Sound Massage are grounded in a method that has been researched and developed over the past 40 years. Those who have experienced a Sound Massage often say:

*"This was like a wellness experience for the soul - pure relaxation"*

*"I often find it difficult to relax, but the effect of the sound was instantly calming."*

*"I had the most beautiful, deep sleep after that session."*

*"Regular sessions have allowed energy to flow into parts of my body that have been blocked for years."*

### Sound Massage:

- Induces a state of deep physical and mental relaxation
- Facilitates "letting go"
- Improves body perception and awareness
- Fosters mindfulness and inner harmony
- Aids in regeneration and revitalization
- Strengthens self-healing abilities
- Supports the activation of untapped resources
- Encourages the development of self-confidence
- Unlocks creative energies
- Restores a zest for life!

