

Experience the Healing Power of Sound: A Refreshing Workshop



Text by Joanne Ng, Deputy Manager, Membership Services

On 28 February 2026, SMA hosted a Sound Therapy and Sound Bath Workshop, where 12 participants immersed themselves in the therapeutic world of sound healing. Conducted by certified sound therapist Robin Liu, the self-funded event was a hit with attendees.

Robin Liu, a multi-certified therapist with expertise in yoga, meditation and life coaching, guided participants through the background of sound healing. The interactive session allowed attendees to explore an array of singing bowls – crystal and metal – each with its unique nuances, such as distinctive tones and vibes, that set them apart. Robin also showcased his rainstick, delighting participants with its soothing sounds.

The real magic happened during the sound bath session. Lying comfortably on yoga mats, participants closed their eyes and let the soothing sounds of singing bowls and a swing chime wash over them. The atmosphere was palpable, with some attendees drifting off into a peaceful slumber – soft snores were a testament to the session's effectiveness!

Post-session, everyone felt recharged and rejuvenated, as if they had had a refreshing rest. The workshop was a wonderful opportunity for participants to unwind and tap into the healing power of sound. Kudos to Robin Liu for sharing his expertise and for hosting this unique experience for SMA Members.

Interested in joining a future session? We are looking to start a new group with just ten pax! Drop an email to joanneng@sma.org.sg, and we will get it organised! ◆



Introducing the instruments used in the sound bath



Demonstrating the singing bowl for participants



Instructor Robin using a swing chime over participants