

Sound Healing Therapy

Maria Nguyen-Nhu - Certified Sound Healing Therapist

Mindful experiences for body, mind, and soul

I offer immersive sound bath experiences that invite deep relaxation, emotional balance, and inner clarity. Using Tibetan singing bowls, gongs, and gentle rhythms, my sessions help participants release physical and mental tension and reconnect with their inner stillness.

With a calm and grounding presence, I guide each group into a meditative state – allowing space for self-healing and regeneration.

About me

I'm a certified sound healing therapist from Germany with Vietnamese roots, based between Milan and Berlin.

Blending my background as a classical musician with a deep passion for nervous system regulation and holistic well-being, I create transformative sound experiences.

I collaborate with teams, wellness spaces, and private clients – offering both group Sound Baths and one-to-one sessions.

Each sound journey is designed to gently calm the nervous system, release tension, and support lasting inner balance and clarity.



A woman with long dark hair, wearing a white long-sleeved top and dark pants, is sitting on a row of Tibetan singing bowls. She is smiling and looking to her right. The background is a soft, out-of-focus light color.

Selected Clients & Collaborations

- Group Sound Bath – Milan Longevity Summit 2024
- Team-Building Sound Bath – OneTrust, Milan
- Team-Building Sound Bath – FlatPay, Milan
- Group Sound Bath – Aethos Club, Milan
- Corporate Sound Bath – Cvent Accelerate Event, Berlin
- Sound Bath Wellness Experience for the team – Evangelische Kita, Berlin
- Group Sound Bath Sessions – Yoga studios and private events (e.g. birthdays, bachelorette gatherings)

What people say:

“Incredible experience, great also as a team building activity. Maria is tailoring the session and she’s truly awesome!” – Susanna C., Milan

“I loved the experience of listening to the different sounds of the Tibetan bowls, and the way Maria guided the meditation was spectacular.” – Alejandra P., Milan

“It has been a pleasure relaxing under your guidance in Milano on Friday evening.”
– Massimiliano T., Milan Longevity Summit 2024

A woman with long dark hair, wearing a white blouse and large gold earrings, is shown in profile. She is holding a Tibetan singing bowl in her left hand and a mallet with a red handle in her right hand, positioned to strike the bowl. The background is a blurred outdoor setting with buildings and trees.

Contact:

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