

Sound Healing - Gong Bath Group Meditation

The gong is a very special instrument. We respond with our whole entire body to its releasing and re-structuring vibrations. The vibrations touches us in the deep level of tissues and organs. Our nervous system and our emotions respond strongly to the gong. The sound and vibration brings us in touch with ourselves and gives us a wide range of physical and emotional experiences.

When played gentle and softly, the gong invites us to let go of all our thinking, planning and worries and just feel. This leads to a deep relaxation for the body, mind and soul.

When played strong and powerful, the gong vibrates through the body, cells, and stimulates self-healing powers that provides us with vitalizing energy. It fills our body up with energy leaving us feeling refreshed.

Player Maju Sirius

**Dates: Sep 14th, Oct 26th, Dec 14th
7pm-8pm**

cost \$25 each night

**Awakened Yoga Studio
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**Thanksgiving Special on Nov 20th 7-8:30pm
includes shamanic meditation with Kristi Lopez
cost \$40**