

Gong Yoga with Mehtab Benton

January 28 – Feb 4, 2017



Join us for 8 days of gong training with Mehtab Benton, KRI authorized Kundalini Yoga Teacher Trainer, and international gong trainer. His hands on interactive workshops focus on playing the Gong to heal and uplift.

There are a total of three workshops that build sequentially. The first is a basic introduction to playing the gong; the second, how to play for others during a yoga class or workshop; and the third, playing gong as sound therapy. Only those with recognised previous gong training and ability will be allowed to register for Level 2 and Gong Therapy without attending Level 1. First priority will be given to those attending all three workshops.

Level 1: How to Play the Gong

Jan 28 & 29 (0930-1230 & 1400-1700 each day)

This is a complete course in How to Play the Gong, from the beginning level to intermediate playing techniques. No prior musical or gong experience is required, and the course is suitable for beginners as well as those who want to teach others how to play the gong. In this certified training course, you will learn:

- Techniques for single and combination mallet strikes
- The effects of playing different areas and percussion points of the gong
- How to create a full experience of sound with rhythm, volume, and playing patterns
- How to build playing sequences to create a gong session
- How to select and take care of your gong
- The role of intuition and meditation in gong playing
- The use of the gong in yoga and healing.

Upon completion of this 12-hour course, you receive a certification of completion that demonstrates you have the necessary skills to play the gong in yoga classes and healing practices.

Level 2: Gong Yoga Teacher Training

Jan 30, 31 & Feb 1 (0930-1230 & 1400-1700 each day)

This is a complete course in how to use the gong in your yoga classes, workshops, and trainings. Prior gong playing experience is recommended (equivalent to the How To Play the Gong course), as well as experience in either practicing or teaching yoga.

The course is suitable for those who may already be teaching yoga or wish to use the gong effectively in yoga classes or in their own yoga practices.

In this certified training course, you will learn how to:

- Play the gong along with the practice of asanas
- Use the gong with pranayama techniques
- Play the gong with mantra and using sacred sound
- Enhance meditation with the gong and mudras
- Create deep relaxation through Gong Yoga Nidra
- Balance the chakras and the subtle body with the gong

Upon completion of this 18-hour course, you will receive a certification of completion in Gong Yoga Teacher Training. You will learn the special applications of the gong in a variety of yoga practices and traditions, including Hatha Yoga, Kundalini Yoga, Ashtanga Yoga, prenatal yoga and therapeutic yoga.

Gong Therapy

Feb 2,3,4 (0930-1230 & 1400-1700 each day)

The Gong Therapy training is a certification course in using the gong and the practices of yoga to create a therapeutic environment and transformational experience for physical, mental and spiritual excellence. The training is suitable for sound healers, yoga teachers, gong players, and therapists from all backgrounds, and will give you the tools and information to conduct one-on-one private sessions for individual clients as well as suggestions for using the gong as a therapeutic instrument in a group setting.

This course will teach you:

- The Basis of Sound Healing and Yoga Therapy
- How to Structure a Gong Therapy Session
- How to Play the Gong Therapeutically
- How to Prepare the Gong Therapy Environment
- The Methods of Client Assessment and Development of a Therapy Session
- The Considerations for Selecting and Using Gongs
- How to Use Mudras, Mantras, and Postures Therapeutically
- The Fundamentals of Guided Meditation and Relaxation for Gong Therapy
- The Guidelines for Group Gong Therapy
- Considerations of Using Gong Therapy with Other Healing Modalities
- The Future of Gong Therapy as a Profession

Graduates of this training receive a certificate of completion in Gong Therapy.

Prior experience with the gong is required, such as the [How To Play the Gong](#) workshop or similar trainings.

Facilitator



Mehtab Benton is originator of Gong Yoga™ and author of *Gong Yoga: Healing and Enlightenment Through Sound*, published in six international editions and translations. His book *Teaching Gong Yoga* is the first book on using yoga practices with the gong, and his DVD course *How To Play the Gong* is a best-selling video for beginning and intermediate players. His latest book, *Gong Therapy*, has been used in courses around the world by yoga teachers, sound healers, and therapists.

A practitioner and teacher of Kundalini Yoga for over 40 years who studied with the Yogi Bhanan, the master of Kundalini Yoga. Mehtab has trained hundreds of teachers as a Lead Kundalini Yoga Teacher Trainer throughout the United States. He is a certified Vedic Astrologer, a mentor in the American College of Vedic Astrology, and author of *Astrology Yoga*, the first comprehensive book on using the science of Jyotish in the practice and teaching of yoga. Mehtab has an educational background in psychology and yoga therapy and is the author of 15 books. A long-time resident of Austin, Texas “The Music Capitol of the World,” Mehtab has lectured on the Gong in the University of Texas Master Teacher series and has taught Yoga of Sound classes since 1998.



Studio

Red Doors Studio is a purpose built yoga and sound studio in the heart of Hong Kong situated in Wong Chuk Hang offering a place of calm and centering through practices including gong meditation, walking meditation on labyrinths and kundalini yoga. We house the largest private meditation gong collection in Asia and use them for teaching and uplifting the community at large. Our Wahe Guru studio is 28x28' with three 8x10 breakout rooms. For further information refer to our website www.red-doors.com

Students will use our house collection of 18 Paiste meditation and planet gongs as well as those on loan from our community members. We will endeavor to have one gong per student for the duration of the workshop.

Gong Puja

A gong puja is a special event where all participants are bathed in the soothing sounds of the gongs for 10 hours of continuous play. You may either participate as a gong player, each playing for an allotted time in rotation or you may come and simply enjoy the entire evening as a participant. In either case an entire night of continuous gong will transform you at the cellular level.

Participants in the Gong Workshops will have first priority and space for the puja is strictly limited. Therefore if you wish to attend, confirm your place by booking and paying in advance.

The puja will begin at 2000 on Saturday evening, Feb 4 and will continue to sunrise on Sunday morning at 0700. Continental breakfast is provided.

Things to bring:

We have mats and cotton blankets, if you need anything additional, such as a special pillow please bring it for sleeping. A water bottle is useful, personal toiletries, and a small towel. Bring photos of those that you would like to send healing to and we attach these to the gong stands. Please wear white. If you have something for the altar, then bring it along as well as any crystals you wish to be charged during the night.

Costings

				Early Bird (full payment received before Dec 15)	Payment made between Dec 16, start of course
1	Level 1	2 days	Jan 28, 29	HK\$2520	HK\$2,800
2	Level 2	3 days	Jan 30, 31, Feb 1	HK\$3780	HK\$4,200
3	Gong Therapy	3 days	Feb 2, 3, 4	HK\$3780	HK\$4,200
4	All three workshops including required texts			HK\$10,080	HK\$11,200
5	All three workshops including required texts and Playing in the Gong Puja Feb 4-5			HK\$10,620	HK\$11,800
6	Puja only as a participant playing gongs			HK\$600	HK\$600
	TOTAL				

Required Texts

Please note that the cost of Level 1 workshop includes Mehtab's book - **Gong Yoga: Healing and Enlightenment Through Sound**; the Level 2 workshop includes Mehtab's book - **Teaching Gong Yoga: Theory and Practice.**, and the Gong Therapy price includes his book, **Gong Therapy: Sound Healing and Yoga**.



Booking

Please confirm your place in the workshop by paying in advance. Only those students who are fully paid will be considered as booked.

To pay, transfer funds into our bank account, Red Doors Studio Limited, HSBC 848 685 749 838
And send us a copy of your bank slip.

Cancellation Policy

Should you pay in full and then cancel 2 calendar months prior to the first day of the workshop you will be refunded 75% of the total fee paid. 25% is withheld for administrative costs.

Should you pay in full and cancel one calendar month prior to the first day of the workshop, you will be refunded 50% of the total fee paid.

Should you cancel less than one month prior to the first day of the workshop, you will be refunded 25% of the total fee paid.

Cancellations must be made in writing and received by us and their receipt confirmed.
Refunds will be paid within 30 days of the completion of the workshop.

For further information contact: info@red-doors.com