

Healing Gong Journey with Mehtab



The sound of the Gong has been used for hundreds of years to create transformation and healing in all who hear it.

Come experience the power of this sacred instrument as we take a healing journey through a soundscape imbued with the practices of Kundalini Yoga, meditation and deep relaxation.

\$35 / Pre-registration highly encouraged!

Saturday, January 14th, 9:00-11:00 AM

Mehtab Benton, the originator of Gong Yoga and author of Gong Therapy, has played the gong for thousands of seekers worldwide. He trains yoga teachers, therapists and sound healers to play the gong for physical, emotional and spiritual healing. He has been a lecturer in the University of Texas Master Teacher series on the Yoga of Sound and resides in Austin, Texas. Visit: www.gongteacher.com