

# GONG IMMERSION

with MEHTAB!

dayaalu  
CENTER



## SACRED SOUND GONG CONCERT

Friday, September 29th, 7-9pm

The sound of the Gong has been used for hundreds of years to create transformation and healing for all who hear it. Come experience the power of this sacred instrument as only Mehtab can play it!

**\$25 Pre-Register by Sept. 25th //**  
**\$30 Door**

## HOW TO PLAY THE GONG

Sat., Sept. 30th, 11:30-6:30pm  
& Sun., Oct. 1st, 11am-2pm

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.

Upon completion of this 10-hour course, you receive a Level One certificate that demonstrates you have the necessary skills to play the gong in yoga classes and healing practices.



**\$198 Pre-Register by Sept. 15th /\$225 Door (if space allows)**

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](http://www.gongteacher.com)