



PLAY THE GONG

WITH MEHTAB

Labor Day Weekend

Ojai, California

@ Spirit House 

JOIN US FOR GONG, YOGA AND HEALING!

Learn and have fun with Mehtab Benton (USA), author and originator of Gong Yoga. Become a gong player, advance your gong playing skills and learn how to play the Gong in Kundalini Yoga classes. Two specialty trainings. Join us for one or both.

HOW TO PLAY THE GONG

Saturday-Sunday, September 2-3

Starting on Saturday, from noon to 6:00 PM, join this complete course in How to Play the Gong, from the beginning level to intermediate playing techniques. Get hands-on training playing the gong and explore its uses in meditation, therapy, and relaxation. This class is excellent for healers, therapists, teachers and anyone interested in learning more about this powerful and transformational instrument. Beginners welcome! Upon completion of this 12-hour course, you will receive a certification of completion that demonstrates you have the necessary skills to play the gong for relaxation and healing.

HOW TO USE THE GONG FOR KUNDALINI YOGA CLASSES

Monday, September 4

Join us at 8:30 AM to 1:30 PM for an introductory course for teachers and students to use the gong effectively in Kundalini Yoga classes and workshops. In addition to understanding how Yogi Bhan used the gongs, you will learn you will learn how to play the gong for commonly practiced Kundalini exercises such as Sat Kriya and Stretch Pose, use the gong with Breath of Fire pranayama techniques and incorporate the gong with mantras and sacred sound. **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.**

Pricing: Gong Practitioner Course \$250/\$295 (early bird/regular) early bird is before 6/30
Sacred Sound Concert \$30/\$35 • Kundalini Gong Training \$125/\$150

To register call Tara Matthews, L.Ac, MAOM, MDP at (760) 617-2502 and at ninsun88@yahoo.com

For full information on schedules and pricing, visit www.gongteacher.com