

GONG YOGA WEEKEND

with Mehtab & Guru Karam

October 26th-28th

GONG YOGA: A JOURNEY THROUGH THE CHAKRAS

Friday, Oct. 26th, 6:30-8:30pm

Experience the transformational sound of the Gong with yoga practices to balance the seven chakras. Includes multiple gongs and guided visualizations for this sonic journey through the chakras.

Friday Night: \$35 Advance // \$40 at the door

VEDIC ASTROLOGY, YOGA & THE GONG: PLANETARY SOUND HEALING

Saturday, Oct. 27th, 12:00-5:30pm

Discover the relationship between Vedic Astrology, Yoga and Sound Healing with specially designed Planetary Gongs, mudras and meditations to invoke the power of the cosmos.

Saturday: \$130 Advance // \$150 Door

KUNDALINI GONG REBIRTHING INTENSIVE

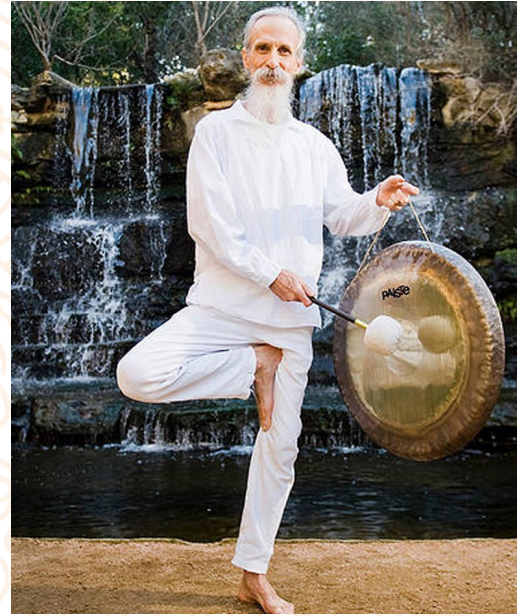
Sunday, Oct. 28th, 12:00-3:00pm

Experience powerful rebirthing yoga practices to clear hidden memories, and old emotional patterns that compromise our happiness to the extended playing of the Gong.

Sunday: \$60 Advance and \$75 Door

ENTIRE WEEKEND: \$195 BY OCT. 25TH

Advance registration recommended for all offerings!



Mehtab Benton has trained hundreds of yoga teachers, therapists, and musicians in playing the gong. He is a Kundalini Yoga teacher and has trained teachers in Hatha and Kundalini Yoga for over 20 years. He is a certified Vedic Astrologer with an international practice.

Guru Karam is certified in Kundalini Yoga, Hatha Yoga, and Ashtanga Yoga and a Kundalini Yoga Teacher Trainer. She is trained in Clinical Hypnosis by the American Society of Clinical Hypnosis, as well as in Medical Ayurveda through the Institute of Integrative Ayurveda Medical Education.