

GONG NIDRA TRAINING

with Mehtab & Guru Karam

October 25th-27th

BASIC GONG TRAINING with Mehtab & Guru Karam

Friday, Oct. 25th, 1:30-5:00pm

New to the Gong? This hands-on workshop is open to everyone interested in learning more about the gong and how to play it. If you have not had previous gong playing experience, you need to attend the Basic Gong Training course before the Gong Nidra training.

Friday Afternoon: \$65 by Oct 11 // \$75 after Oct 11

WEEKEND GONG NIDRA TRAINING** with Mehtab & Guru Karam

Friday, Oct. 25th, 6:30-8:30pm

Saturday, Oct. 26th, 9:30-6:00pm

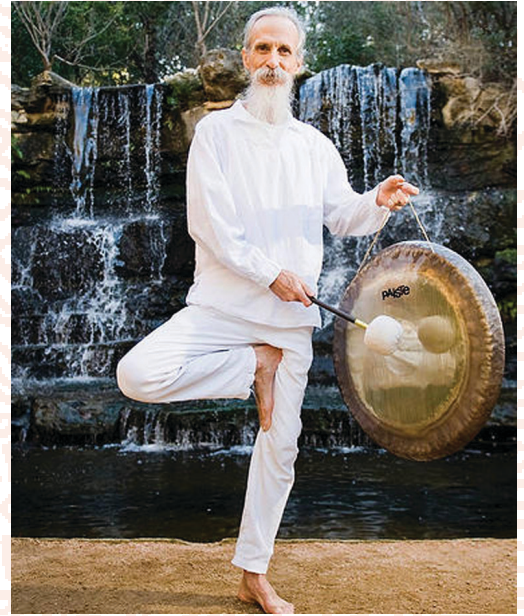
Sunday, Oct. 27th, 9:30-6:00pm

Learn how to use the sound of the Gong therapeutically in this certified training course for Gong Yoga Nidra - a form using deep relaxation to facilitate transformation and healing in both groups and individuals. Training will include preparation, playing techniques, development of visualizations, and all you need to know about cultivating the holistic practice of Gong Nidra.

Weekend: \$395 by Oct 11 // \$425 after Oct 11

includes lunch and tea from Tulaa Cafe Sat & Sun

****Previous gong playing experience or the Basic Gong Training is a prerequisite for the Weekend Gong Nidra Training**



Mehtab Benton, the originator of Gong Yoga and author of Gong Therapy, and Guru Karam, a licensed Clinical Hypnotherapist and Kundalini Teacher trainer, bring a unique perspective to using the gong with the ancient practices of Yoga Nidra (yogic sleep).

This training has been offered in Australia, Europe, Mexico and the United States. Participants receive a Certificate of Completion to offer Gong Nidra Healing Sessions.