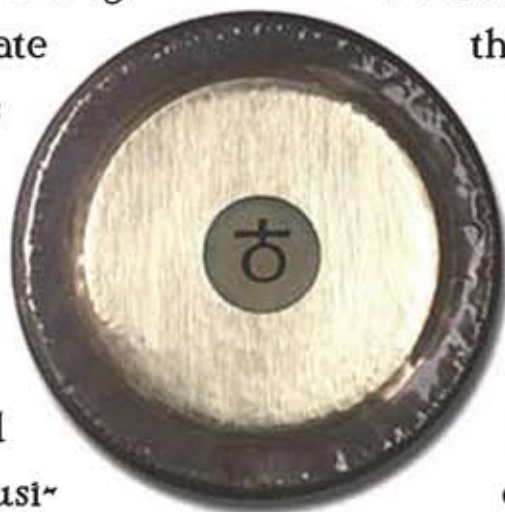


Full Moon Gong Bath

Saturday, August 13th 6:00~8:30pm

\$30 by August 6th, \$35 thereafter

Bathe in waves of Sacred Sound that rise and fall in rhythm and tonality. The overtones produced by this 38" Earth Gong are precisely tuned to recreate the vibrational hum of our planet. This hum is known in scientific terms as the Shulman Resonance, and in Yogic terms as the primordial Aum. The evening will include an extended Gongbath, Kundalini Yoga and Meditation with live musical accompaniment.



Effects of Gongbath can: remove subconscious blocks, improve immune function and promote cellular healing, create emotional balance, and facilitate spiritual expansion.

HEALING • AWAKENING • TRANSFORMATIONAL



Sopurkh Kaur, Kundalini Yoga Teacher Extraordinaire, has been practicing and studying Kundalini yoga since 1990 with beloved teachers, Guru Singh and Yogi Bhajan. She is certified by the International Kundalini Yoga Teachers Association (IKYTA). Sopurkh is a graduate of Musician's Institute in Hollywood, CA and has been working with music and sound as a modality of healing since childhood. Her classes and special events are uplifting, healing and renewing.

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