



Thanksgiving Weekend Special Event Universal Sounds

Gong Immersion and Sound Meditation

Saturday, November 28, 2015 6:00pm \$20



A Gong Immersion and Sound Meditation is an experience in which the sacred healing sounds of the gongs and singing bowls bathe the participants with sustained waves of harmonic sound. It does not require a specific belief structure or discipline of practice.

All one needs to do is to be present, allowing sound to bathe the body and carry the mind. The sounds of the gongs and singing bowls facilitate the movement of energy through the body, inviting a meditative space and an opportunity for increased vitality, healing, expanded awareness and higher consciousness. The experience may be different for each person. We believe that everyone's healing is their own. It is our intention to create a clear and safe space for you to engage in your own process, and consider it an honor to hold that space for you.

Universal Sounds artists Dan Smith and Robb Kopp

Yoga Bliss on the Blvd
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