

Outdoor Gong Meditation

Fri October 2nd, 2020 from 7-8:30pm (weather permitting)

7407 Crystal Springs Rd in Crystal Lake 60012



Sound Immersion Experience

Sacred Sound Practitioner Mark Placzkowski bathes you with sounds from 5 gongs and Himalayan singing bowls to create an atmosphere of vibration that can carry you into a deeply meditative state. Sounds of varying frequencies are created which bring the brain into theta and delta levels where we access our deeper subconscious. These are key states for healing, regeneration, and connecting with our true selves. All one needs to do is come, lie down, let the mind relax, and allow the vibrations from the gongs harmonize the body, mind, and spirit.

Pre-registered \$30

Premier Members pay \$20

Day of \$35

Non-refundable unless the weather is inclement.

*Please bring mat, towel, blanket, pillow, bug spray and water.

Visit our website or call for more information.