

Outdoor Gong Meditation

Fri June 4th, 2021 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

Premier Members pay \$20

Non-members pay \$30

*Please bring mat, towel, blanket, pillow, bug spray, water & whatever you need to be comfortable

Day of \$35

Visit our website or call for more information.

Non-refundable unless the weather is inclement.