



# Gong Meditation

Fri October 25th, 2019 from 7-8:30pm

Akasha Yoga 121 N. Main St



## 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**

Members-\$20

Non-Member-\$30

### **Day of**

\$35

\*space not guaranteed

Please bring blanket, pillow, and water.

Visit our website, studio or call for more information.