

# Integral Yoga & Gong Bathing

Pure penetrating sound waves created by gongs can enable you to break free of old patterns, regenerate and re-balance yourself. Gong waves work on a cellular basis, while being able to bypass the mind and go straight to the root of the problem.

Hatha Yoga is designed to release tensions and thereby prepare for self-healing to take place. Premajyothi will ready students for the deep healing experience of gongs by directing us through a basic yoga practice ending with deep relaxation. It is in this relaxed state



Tuesdays, July 25, 2017  
September 12, November 14

\$35.00 each

*Laksmi Scalise & Michael Jay*

Gong Specialists

*This has been very popular!.*

*Please Register & Pay Early to Reserve a spot.*