



GONG SOUND IMMERSION

with Roger

The 3rd Tuesday of Each Month, 6:45pm to 8:00pm

Experience the ancient therapeutic sound of the mighty gong that your body, mind, and spirit will really appreciate! It can open pathways to relax, quiet your mind, balance energy, meditate, release emotional tension, have a spiritual experience, feel better, or just fall asleep. Simply lie back and let the transformative sound of the gong meet you where you are and take you where you need to go!

Please [register](#) and bring whatever you need to be comfortable (blanket, pillow, etc.) for lying or sitting on the floor. Studio yoga mats are available, as well as a chair if desired.

We'll begin with a short introduction to the session, followed by 60 minutes of sound immersion, and end with a few minutes of silence to integrate your experience.

The gong invites us to experience sound in a surprising and highly personal way.

\$20 per session
[Register](#)

NAMASTÉ YOGA STUDIO

The Evergreen Building
18021 15th Ave NE
Suite 101
Shoreline, WA 98155

[map](#)