



Gong Sound Massage

deep sound relaxation with Vesna Sanders



Sunday, September 10

4:00 - 5:00pm

\$15

If you are in need of complete relaxation, come to experience a gong sound massage!

The gong is one of the oldest instruments of healing and has been used for thousands of years in meditation, ceremony and rituals. It's vibration works at a cellular level to rebalance the physical, emotional and spiritual bodies. Gong sound massage is a way of sound therapy as it uses sound and vibration to help facilitate a deep sense of peace, release tension and blocked energy, and balance the energy centers in the body.

During a gong sound massage you lay on the floor (in Savasana), wrapped in a blanket and supported with props, and simply get massaged by the harmonizing sound of the gong. At the beginning of the class we'll take some time to set up, let go and get centered. For the next 40 min participants do nothing but relax on the floor and allow themselves to be cocooned in the healing sounds of the gong.

All props are provided at the studio. Bring extra for a super cozy set-up (such as your pillow or blanket from home). A bottle of water is recommended.

Space is limited; advance registration required by Thursday, 9/7!