



February GongBath Meditation

Bridging Spirituality and Science through Sound Vibrations

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"Sound will become the Medicine of the future." -Edgar Cayce

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Scientific discoveries are continuing to unfold and identify the healing effects of the vibratory frequencies of sound. The gong specifically has been used for thousands of years as an important tool for healing and meditation.

When the gong is played, the vibration of its overtones and undertones can reach the mind in 3 - 90 seconds and create a profound sense of balance and well-being.

Sunanda offers you an opportunity to experience symphonic quality gongs which are calibrated to specific frequencies that provide an opening for, and a connection with your innate healing power.

The thunder drum, crystal and tibetan bowls, bells, and rattles will accompany the gongs to provide an atmosphere that invites you to immerse yourself in and resonate with these healing vibrations.

***** Registration IS Necessary -Call**

Phone: [480-607-7999](tel:480-607-7999)

Cell: 480-620-7777

Sunday

February 7, 2016

4:00 pm - 5:30 pm

**Love Donation:
(\$20 suggested)**

*Wear comfortable clothing,
***bring a mat, blanket, & pillows for your comfort on the floor*

Chairs are also available

GONG MEDITATION
MINDBODY MEDICINE
CENTER
13951 N. Scottsdale Rd.
Suite 100

Arrive early and allow time to get settled-in and comfortable. As a courtesy to those who may be sensitive, please reframe from wearing scents.