

Gong Meditation

~gratitude

Friday, October 26th 7pm - 8pm

SPACE IS LIMITED

Pre-Registration Recommended

\$25 per person

*"Learn to be thankful for all that you have,
while you pursue all that you want"*

~Jim Rohn

For centuries the Gong has been an essential part of celebrations, declarations and healing. October's *Waning Gibbous Moon* is the perfect time to celebrate as it represents gratitude, sharing and enthusiasm. Join us as we each celebrate our own reasons for being grateful with a bit of introspection and short intellectual exercise before embarking on an hour long journey of the mind, body and soul. Relaxation and peace will wash over you as your mind floats atop the healing sound vibrations of Holly's skillful and unique gong playing. You will enjoy & experience lucid dreaming then leave feeling refreshed, well rested and renewed. The gong speaks the language of the moon, stars and cosmos... you may even leave with the feeling as if you've traveled through space and time without ever having left your mat. *Register early as this event sells out.

No meditation or yoga experience necessary.

Please bring a yoga mat or cushion to lie on, a comfy pillow and a friend or two.



*Reiki Master
& RYT200
Holly Shay*



Expressions of Grace Yoga

5270 Northland Dr NE, Grand Rapids, MI 49525

(616) 361-8580 • www.eogandcysyoga.com