

Gong Meditation

~ letting go

Friday, November 30th 7pm - 8pm

SPACE IS LIMITED

Pre-Registration Recommended

\$25 per person

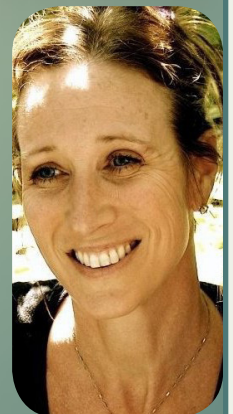
“If you want to move forward, you need to let go of the past that drags you down.”

~Amit Ray

The healing power the Gong's vibrations are undeniable. When skillfully played, the Gong is an ideal tool for resolving emotional and physical dissonance or imbalance. Gongs stimulate & resonate all cells in the human body simultaneously while recalibrating the parasympathetic nervous system. The vibrations & redistribution of existing energy has been proven to lower blood pressure & reduce cortisol levels thus boosting one's immune system. This amazing instrument coupled with November's **Last Quarter Moon** makes this night the perfect time to **let go** of that which has been holding you back from reaching your full potential. Let the sound of Holly's unique & skillful gong playing wash over you as your subconscious takes over, allowing you to relax fully so you can truly **let go** of the things that have been keeping you from the happiness and peace that you deserve. You may even fall asleep & experience lucid dreaming. Intentionally let go of the old and allow new beauty to enter the spaces that you will have created on this night.

No meditation or yoga experience necessary.

Please bring a yoga mat or cushion to lie on, a comfy pillow & 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