

Gong Meditation

set your intentions

Friday, October 12th 7pm - 8pm

\$20 per person in advance

\$30 day of event

SPACE IS LIMITED

"Live simply, Laugh often, Love deeply"

~unknown

It is said that the Gong speaks the language of the moon, stars & cosmos. This night's **Waxing Crescent Moon** signifies intentions, hopes & wishes. Tonight, set YOUR intentions before embarking on an effortless journey into your past, present & future while Holly steers the sound waves with her gong. Allow your mind to ride atop the vibrations, guiding you through a deep meditation while you gently glide in and out of lucid dreaming and bliss...without leaving your mat.

No meditation or yoga experience necessary.

Please bring a yoga mat or cushion to lie on, your favorite pillow and a friend or two. (Mat rentals available at the studio.)

Remember to stay hydrated!



Holly Shay

Karma Yoga

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