

August 26 • November 11

6:30–8:30 PM

# Healing Power of Gong and Mantra

'Healing Power of Gong and Mantra' begins with light yoga (suitable for anybody). Then we move into deep relaxation with two beautiful symphonic gongs. The gong is a reinforced vibration that affects the entire body, releasing stress, unwinding nerves, and bringing the mind to total calm. You'll experience what the yogis say about the human body—that it is a wonderful musical instrument constructed with meridians that allow healing and energy to cascade into the body like a waterfall.

After the gong, we use primal sounds (mantra) to remind us that the entire universe was built on sound, on vibration. As you vibrate a particular combination of sounds, you tune into a higher level of intelligence and consciousness.



## Facilitators

Deva Khalsa is a 25-year veteran of playing the gong and teaching Kundalini Yoga. She is also an Ayurvedic health practitioner.

Sat Guru Kaur is a licensed educator, musician, and Level 2 Certified Kundalini Yoga teacher. She has been teaching sound healing with the gong since 2007.



\$27 plus tax (\$28.97) pre-registered

\$35 plus tax (\$37.56) day of event

High Desert Yoga • 4600 Copper Ave NE • Albuquerque, NM 87108  
(505) 232-9642 • [www.highdesertyoga.com](http://www.highdesertyoga.com)