



Sacred Sound Healing

with Ron Youman

FRIDAY JULY 23, 2021

TIME 6:00-7:30PM

\$30

A sound healing, or "Gong Bath," represents an ancient, multi-dimensional form of sound healing meditation that Heightens Awareness and Consciousness.

Predating the Bronze Age, gongs have been used for nearly 6,000 years.

This Gong Class will focus on Healing the stress of the Pandemic and Resetting Your Mind, Body, and Soul for an Amazing 2021.

Gong Therapy has been found to be effective for stress reduction and relaxation and has been shown to offer many health benefits.

Namaste

Everyone welcome.

No previous experience necessary.

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