



Full Moon Yoga, Gong & Meditation

Fall Saturday Events

Oct. 3rd, Nov. 7th, &
Dec. 5th

7:00 - 9:00 PM

\$20

What to expect: A light warm-up and a short, stimulating yoga set. Deep relaxation with the gong. You will come out of the experience feeling cleansed and refreshed. We will follow our immersion in the sound current with a special eleven minute meditation. We'll end the evening with tea, treats & joy!

"The Gong is a sacred threshold. It is a portal that links the finite and infinite experience of the self."

--Gurucharan Singh

Polphonic Gongs: Dharam Singh brings a unique and earthy perspective to the Kundalini Yoga Community that is inspired by broad exposure to Native American Shamanism, Tibetan Buddhism and Reichian Body-centered Therapy. His passion for the transformative power of sound and music has found a place in the use of the Gong as a tool for deep healing.

Yoga & Gong: Guruatma Kaur, an IKYTA certified teacher and devoted student of Yogi Bhajan, Guruatma Kaur has been enthusiastically teaching Kundalini Yoga since 1979. She is lovingly dedicated to encouraging clarity, excellence and relaxation into one's True Self.

Meditation: Siri Tapa Kaur, a Reiki Master, Sat Nam Rasayan Practitioner, and certified Kundalini Yoga Teacher lives a life committed to being healthy, happy and available to all. Everyone who knows her is touched by her open-hearted, compassionate, mother energy.

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