

Healing with Gong & Conch The Primal Sounds



with
Yogi Amandeep Singh
Satwinder Kaur Sran

Ancient Sounds to Awaken Humanity

Monday April 2, 2012

7:30-9:30 pm

\$40 (members \$35)

Sound is an effective and proven modality that can help:

- **Reduce stress**
- **Alter consciousness**
- **Create a deep sense of peace, well being and better health**

Sound is a type of **energy medicine** that creates the sacred space in which people can heal themselves on many levels.

According to the ancient yogic teachings, the sounds of the Gong and Conch have the ability to totally transform. These are the primal sounds which were created after the big bang, and are considered to be the "Cosmic Hum" of the universal motor that is creating, organising and transforming.

This is a unique workshop based on the teachings of **Yogi Bhajan**, to **heal, meditate, transform** and to **hear** the "Cosmic Hum"

Register: 780-416-4211

www.yogafortoday.ca

#206, 2016 Sherwood Drive. Sherwood Park

