



## Gong Bath Candle Light Pranayama

with Fiona

Friday 19th January 2018

6.30 - 8pm

2000 Rs Pre-sale ticket 1800 Rs 1000 Rs for Kids

Experience the deep transformational opportunity provided by prolonged exposure to therapeutic Gong vibrations. Allow to move beyond the boundaries of the mind. The gong is the basic creative sound of the Universe and the Universe is powered by sound energy.

A gong bath suspends your minds magnetic thought patterns, reduces stress, stimulates the glandular system and facilitates to break up emotional blockages

First come first served seating.

Doors might close in the event of a full-house.

Pre-sale tickets recommended.

Reserve your mat space on 268 4808 or call Fiona on 077801 1984

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Holistic Health Centre

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