

Gong Meditation



Date & Time

Wednesday October 11th
6:00pm to 7:30pm

Location & Contact Info

Carmel Valley Lodge
8 Ford Rd.
Carmel Valley, CA 93924
(831) 659-2261
www.valleylodge.com

Cost

\$30 pre-reg; \$40 at-the-door

What to Expect

The 90-minute event includes a brief discussion on the healing attributes of the Gong, a 62-minute Gong Meditation, followed by sweets & community.

What to Bring

Wear comfortable clothes, and bring whatever you need to be relaxed for the meditation - mat, blanket, eye pillow, etc.



Join us on a transformative journey of healing and deep relaxation, as we bathe every cell of the body in therapeutic sound and vibration.

The Gong acoustically elevates us, creating a deep, spontaneous meditative state that restores harmony and vitality to the mind, body and soul.

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