

Special Engagement, One Night Only Sacred Gong Immersion

Saturday, April 11
4:00-6:00PM
\$30 per person (\$35 door)

with Rachel & Christopher Gebiya

Join Christopher and Rachel for an evening of Spiritual Vibrational Resonant Healing with Sacred Chau and Wind Gongs while you journey through your own inner landscape.

The Sounds of the Universe will drift through you in crescendos and layers of vibration to give the experience of deep cleansing and healing, with low tones that take effect at a cellular level. Ideal for clearing nerve-endings and for re-establishing the healthy relationship between the parasympathetic (ruled by sound) and sympathetic nervous system (ruled by vision) and great for those with insomnia, anxiety, depression and over-activity.

These vibrational frequencies enable the brain to become efficient in producing Theta and Delta waves while decreasing cortisol levels; similar to the natural state of infants and children. Nadis (energy pathways) are stimulated and rejuvenated and Chakras (energy centers) are easily accessed and aligned, removing stress from the energy body. The Gong Immersion will offer you a cosmic, vibrational, healing connection between your energy, the energy below (Mother Earth) and the energy above (the Cosmic World).

Simply lay yourself down and be prepared to be taken away in this total body, sound-bath Gong Immersion as you experience emotional release and energy healing!

Christopher Gebiya is a well-known speaker, musician, sound engineer and healer who performs workshops, lectures, meditations, drumming and sound healing events throughout the Eastern United States. We are pleased to have Christopher and Rachel join us at UpDog Yoga for this one-night only event!



Pre-register online: <https://www.updogyoga.com/workshops/workshops-sterling-heights>



www.updogyoga.com 13911 19-Mile Road, Sterling Hgts., MI 48313 | 586.232.9555

Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV ClickonDetroit.com