

Radiant Gongs Immersion Meditation & Kirtan

with Sara Yarbrough



**Friday, August 9
7:30PM-9:30PM**

\$30 per person (\$35 at door)

Join us for a powerful yet soothing Gong Immersion and Meditation, featuring seven radiant gongs, followed by all-levels Kirtan singing to celebrate the Song of the Soul!

Gongs carry the conscious mind into a sea of imagination and new heights of expression and communication. Kirtan, also known as meditative singing or chanting, has been scientifically proven to reduce stress, anxiety, and depression while improving immunity and creating a peaceful disconnect from the thinking mind. Combining the two, unlocks our highest potentials of healing and happiness.

Come together for a special evening of gongs, live music and Kirtan in a blissful sensory experience, featuring a variety of ancient and modern instruments. Frame drums, shakers and lyrics provided. Supportive instruments welcome.

Pre-register online:

<https://www.updogyoga.com/workshops/workshops-rochester>



Sara is a Gong Healing Practitioner, Holistic Health Specialist & Culinary Instructor. She has spent nearly a decade traveling & teaching for festivals, private clients, and retreats, collaborating with sound masters around the world.



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