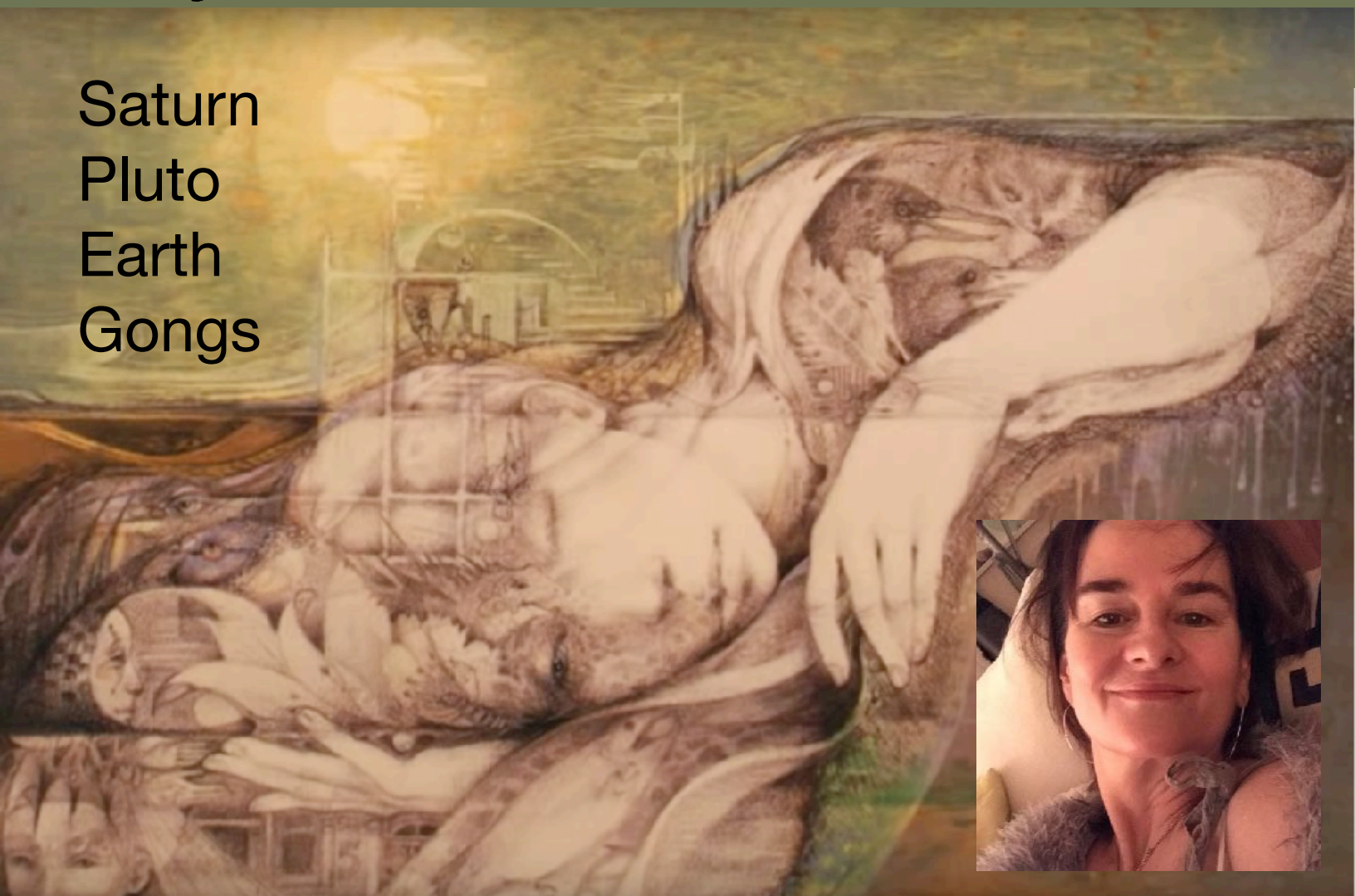


# Gongs for our planetary times

Saturn  
Pluto  
Earth  
Gongs



An evening of gentle movement, meditation, deep space planetary gong immersion, and reflection on how these planetary factors inform our world and our individual lives. Please provide birth information (date, place and time) in advance, subject line "Gongs Birth Chart," to [info@updogyoga.com](mailto:info@updogyoga.com)

Valerie Weir has been a facilitator of gong immersions since 2004, and takes an integral approach to sound within the workshop experience.

**Sat., April 6 | 4-6 pm | \$30/advance, \$40/same day | limited to 15 participants**  
Pre-register online: <https://www.updogyoga.com/workshops/workshops-rochester>

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