



GONG MEDITATION CLASSES AT ALCHEMY!

We begin with some light Kundalini yoga and Pranayama (Breath work) to start the energy flowing and to create a space to receive the Gong, which is played for about 30 min.

The sound from the Gong creates deep relaxation, releasing us from our thoughts. The sound vibrates the energy meridians in the body and brings them into balance, reducing tension and releasing blocks. Kundalini energy, which begins at the base of the spine, is released, travelling up the spine through the body to align the Chakras, clean the Aura and release the subconscious mind.

The universe is powered by sound. The gong is the basic creative sound. Out of the gong come all music, all sounds, and all words. The sound of the gong is the nucleus of the World. It allows moving beyond the boundaries of the mind and connects us to the source creating a sense of oneness

Let go and
Let the Gong do the work
while you relax
and effortlessly receive
stress-relieving benefits



WEDNESDAYS, 8:15PM - 9:15PM WITH ROMA

FRIDAYS, 6:30PM - 7:30PM WITH MOSHIK

SATURDAYS, 6:15PM – 7:30PM WITH SIMON A

SUNDAYS, 6:15PM – 7:30PM WITH SIMON A

COME TO ALCHEMY & DISCOVER WHAT'S AT THE CENTRE!

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