



A Life-Enhancing Evening of
Yoga and Sound Healing
with Lili Zohar and Gary Fishman

TIBETAN GONG BATH

Join Lili Zohar and Gary Fishman for an evening combining yoga and meditation practice with a shamanic sound journey blending together the healing power of Tibetan instruments, the didgeridoo and planetary gongs harmonically tuned to resonate with the cosmic cycles.

A “Gong Bath” is an unforgettable experience to soothe, inspire, heal and awaken your spirit. It includes the intrinsic harmonizing properties of the Himalayan Singing Bowls and other Buddhist ritual instruments. The sounds of the bowls calms, centers and paves a path into which the transformational waves of the Gong blend.

Lili Zohar will begin with a meditation that will align the chakras and allow for deep opening. This will be followed by a practice of postures and breath focused on opening the channels of mind & body to the vibration of transformation through sound. The gifted vibrational sound practitioner, *Gary Fishman*, will create transformational waves of sound, bathing you with the rising and falling rhythms, tonalities and vibrations of the sun gong and Chiron. Come and join in a communal experience in sound healing.

Saturday, May 2nd

6:30 – 9 p.m. | Cost: \$45

Vital Yoga Highlands | 4342 Tennyson St.

www.vitalyoga.org

