

1.11 Gong Master Training Team Level One ~ 12 Month Course

Gong & Self Mastery ... 40 h Course In Orange County
Awaken the Body & Soul... 12 Meetings \$54 @ & 108 h Practice
Embracing Path & Destiny... Contact Sotantar for Starting Dates

Join Sotantar for a 12 month Gong & Self Mastery Training Course; Level One of Three, learning "The Way of the Sacred Sound. You will gain a deeper understanding of the Sacred Sound of the Gong & the Sacred Sound of The Self. As we see their transformational effects on the Body, Mind, Spirit & Awareness.

Each of the Three Levels combine elements of Kundalini Yoga, Gong Sessions, Sunjai Yoga Deep Listening, The Kybalion, Brain Frequencies, Biofeedback, Color Therapy and Frequencies, Tarot Numerology, Kundalini Numerology, Hypnosis, Healing Techniques, Reiki, Tantra, Martial Arts, Pressure Points, Anatomy, Oracles, Toning, Lucid Dreaming, Planet Frequencies and Properties, Stones, Crystals, Runes, Sacred Geometry, Vedic & Western Astrology, Meditation...

Course Highlights:

- Introduction to Self Mastery Through the Sacred Gong
 - The Ancient Gong & its Significant in This Age
 - Type of Gongs & How to Choose Your Gong
 - Approaching & Playing the Gong
 - Kundalini Yoga & Gong Immersion

The **Gong Meditation** practice will immerse you in sound as you go into a deeper level within. The Gong sounds & vibrations stimulate a meditative & contemplative state in which we have the opportunity to see & surrender the control of the mind

- Promotes internal calm, peace & well being
- Strengthens the nervous & immune systems
- Has been known to help eliminate diseased cells
- Balances the chakras
- Increases radiance, energy & vitality
- Enhances awareness & intuition
- Rejuvenating mentally & physically

GM11 of 3
Gong Master Training Team 1 of 3
Orange County – Newport Beach
To Sign up or Questions:
Contact Sotantar
At: sotantar@gongmaster.org
Or call: (714) 418-3000

*"When you master the Gong you master your self.
by delivering the Sacred Sound, the true SELF awakens."
Sotantar, Gong Master*

SOTANTAR SURAJ

World renowned Gong Master and Kundalini Yoga Teacher. Has practiced Yoga, Meditation and Healing for over 30 years. He has had the privilege to learn from The Master of Kundalini Yoga, Yogi Bhajan and Gong Master Don Conreux. www.gongmaster.org

