

Planet Gong Concert

To Share the Spirit of Oneness
with

Sotantar & Gong Masters

Sleepover Gong

Saturday 8 pm

till

Sunday 8 am

Join **Sotantar** and the Gong Masters Team at 8:00 pm for an all night Gong Concert. As you relax, meditate or sleep to the primordial Sacred Sounds of the Planet Gongs.

To relax with the Gong is like a very deep and lasting massage. Tuning the physical body and soul to the greatest possible resonance while totally letting go. It is like effort less yoga with great results.

Around 5:00 am "Jaap Ji" (The Song of the Soul prayer) will start.

Follow up by a Kundalini Yoga practice, then at 6:30 am Meditation and Gong ending at 7:30 am with sharing, and tea. Bring a pillow, blanket, thick matt to lay on, and a small flashlight.

To participate contact:

Sotantar (714) 418-3000

Sotantar@gongmaster.org

"Let go...

Dissolve in the beauty"

Sotantar

Gong Master

The **Gong Concert** will immerse you in sound as you are guided into a deeper level within. The Gong sounds and vibrations stimulate a meditation and contemplation state in which we have the opportunity to see and surrender the control of the mind. Negativity and chaos are suspended, irregularity and resistance are cleared, and the mind, body, and soul are reset to a state of synchrony and alignment, allowing us to connect with the infinite self.

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

Sotantar offers workshops all over the world and has practiced and studied yoga, meditation and healing since his childhood in Spain. Sotantar is a widely recognized Gong Master/Teacher, Kundalini Yoga Teacher and Kundalini Yoga Teacher Trainer in his home base of Los Angeles and Orange County, as well as in Europe. He had the privileged to meet and receive teachings from the Master of Kundalini Yoga, Yogi Bhajan. He has worked with and learn from, world-renowned Gong Master/Teacher Don Conreux and from world-renowned Tantra Teacher Mahasatvaa Ma Ananda Sarita. He is also a Reiki Master/Teacher, Sound Therapist and Hypnotherapist. **Sotantar** brings the vibration of the primordial sacred sound of the Planet Gongs to honor our ancestors, their sacred places and traditions by participating in special events and benefits to help raise consciousness and nurture the soul. **Sotantar** is dedicated to raising awareness, inspiring passion, creating balance, and spreading love, joy and peace to the universal community through his teachings. He has recorded a series of CDs including the Planet Gongs and Tibetan Bowls for meditation, transformation and healing. His DVDs include powerful and transformative Kundalini Yoga Kriyas, Gong Bath and Meditations.

For more information visit www.gongmaster.org

