



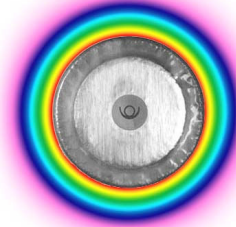
Presents

Gong Bath™

with Mark Placzkowski

January 20 & February 17

7:00 - 8:30pm
S.I.E



Sound Immersion ~

This unforgettable event will soothe, inspire & awaken your spirit as Sacred Sound Practitioner Mark Placzkowski bathes you with sounds from a 36" Pluto & 38" Sun gong. At first, you hear soft delicate voices echoing from the gong & as you listen carefully, you become aware of the many tones within one sound. Sounds of varying frequencies are created that wash over, around & through you much as you would imagine the waves of the ocean. It is known as the sound of Creativity itself.



Experience ~

When properly played the gong creates waves of sound that can carry you into deeply meditative state. The brain reaches theta and delta frequencies where we access our deeper subconscious & superconscious. These are key states for healing, "regeneration" and "rejuvenation". Many people experience something noticeable during a Gong Bath™. It can range from feeling their bodies twitch (as the energy meridians are cleared & balanced), insights, bursts of creative ideas, to a simple feeling of total peace & connectedness. All one needs to do is let the mind relax and allow the sounds of the gongs harmonize the body.

\$10 per person/member.

\$15 per person for groups of 3 or more if pre-registered before event date.

\$20 per person/non-member if pre-registered by event date.

\$25 at the door.

No refunds.

Please check our website, visit our studio or call for more information.
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