

ReikiGong Sound Journeys with Dean

LET GO OF THAT WHICH NO LONGER SERVES YOU.
COME AND JOIN US FOR THIS CELEBRATION OF THE REAWAKENING OF THE SPIRIT
AND ALLOW THESE MAGICAL VIBRATIONS TO FILL YOU WITH THE ENERGY OF
RENEWAL AND REVITALISATION.

The universe inhales and exhales, the enveloping breath touches all things, bringing with it a constant ebb and flow of perpetual change and infinite stillness...the end of one cycle opening the door to many possibilities in this new golden age of the spirit!

Immerse yourself...

Let go, relax and allow the healing vibrations to wash over you..

In a ReikiGong sound bath you may feel:

- * Release from Stress and melting away tensions.
- * Deep meditative states and profound relaxation.
- * Detoxification of mind, body and emotions.
- * Feel refreshed, empowered, transformed!

The effects of a Reiki Gong sound bath can be the start of a profound shift in your life. Due to the powerful energies of Reiki and the Gong combined can help to heal deep trauma, removing emotional and mental blocks. It is a very special time to raise your consciousness, raise your vibrations and gain a deep understanding about your life's true purpose.



The sound of the Gong will increase alpha and theta brain waves, these are responsible for (alpha) dreaming in a waking state and imagination and (theta) deep meditation and psychic awareness. Theta is an ideal state for healing to take place.

Dean is a natural healer and has been practicing Reiki and other forms of healing for nearly 20 years. His unique healing energy will help facilitate and support transformation on all levels.

Please bring a yoga mat to lie on, a blanket to cover you and anything else to make yourself comfortable.

Spaces are limited, so book early to reserve your place!

The cost of these special event is £25, or if you bring a friend you both received £5 discount.

For booking and payment please contact Dean on: 07894081017 or email:

reikigongsoundhealing@gmail.com

Dates & times:

Saturday April 20th, 8.30-10.00pm

Sunday May 19th, 7.45-9.15pm

Sunday May 26th, 2.00-3.30

Yoga Akasha

1st floor, The Old Mill, 45 London Road,
East Grinstead, West Sussex, RH19 1AW
www.yogaakasha.co.uk

