

Tau Center
Spring 2018

Gong Sound Meditation

Thursdays, 7:00-9:00pm • February 1 & May 3



The Gong is one of history's most powerful and oldest transformational and therapeutic instruments.

It has been used for ritual, ceremony, prayer, and meditation since the Bronze Age. The sounds from the gongs travel from the outer ear throughout the body – impacting brain waves, respiratory rate and heart rate. Sound and vibration work at a cellular level to rebalance our physical, emotional and spiritual bodies, as well as help facilitate a deep sense of peace, and release tension and blocked energy. The soothing effect of being bathed in an ocean of sound creates a profound relaxation and is helpful in reducing the stress that is harmful to healthy living.

Please arrive by 6:45pm, dress comfortably, and please bring a yoga mat, blanket, and pillows to lie on the floor. Chairs are optional, if needed.

 **\$25 Pre-registered; \$30 walk-in.**

About the facilitators...

Marian Kraus presents gong bath meditation, meditative and transformative sound excursions that are driven by his innate rhythmic hand drum abilities and an inimitable keen sense of visual and intuitive perception. He served on the advisory board of the Harmonic Therapy Association, is an associate member of the HTA and the Sound Healers Association, and is a licensed PSYCH-K® facilitator.

Gabriela Kraus became a Gong Master through the guidance of the legendary Don Conreux and has been applying the gongs in combination with her studies in Universal Energy and Jungian Psychotherapy in a one-on-one, group and corporate fashion.

PROGRAM FACILITATORS



Marian Kraus



Gabriela Kraus

Register online at taucenter.org • Tau Center • 26W171 Roosevelt Rd, Wheaton, IL • (630) 909-6805