



YOGA AT THE ASHRAM

The Baba Siri Chand Yoga and Retreat Center

2019 Gong Dates

Gong Yoga Relaxation and Meditation Events – Every 2 Weeks

New Moon Gong: On a Sunday night close to or on the New Moon, warm up with Kundalini Yoga, get cozy, then rest deeply to the sound of the gong. Meditate well.

Teacher: Guruatma Kaur

Delicious treats to follow!

Full Moon Gong: A big event, on a Saturday night close to or on the Full Moon, invigorate with Kundalini Yoga, then bliss out to prolonged gong relaxation, meditating deeply.

Teachers for Yoga and Meditation: Siri Tapa Kaur and Guruatma Kaur

Gong Relaxation by Dharam Singh, Gong Yogi

Tea & treats to follow!

**New Moon 7-8:30 pm
on these Sundays**

\$15

Jan 6	July 7
Feb 3	Aug 4
March 3	Sept 1
April 7	Sept 29
May 5	Oct 27
June 2	Nov 24
Dec 29	

**Full Moon 7-9 pm
on these Saturdays**

\$20

Jan 19	July 13
Feb 16	Aug 17
March 23	Sept 14
April 20	Oct 12
May 18	Nov 9
June 15	Dec 14



www.YogaAtTheAshram.org or call 508-376-4525
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