



# YOGA AT THE ASHRAM

The Baba Siri Chand Yoga and Retreat Center

## 2020 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, rest deeply to the sound of the gong, close with meditation

Teacher: Guruatma Kaur

Full Moon Gong - On a Saturday night close to or on the Full Moon

Invigorate with Kundalini Yoga, enjoy a prolonged gong relaxation, meditate 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 26	July 19
Feb 23	Aug 16
March 22	Sept 20
April 26	Oct 18
May 24	Nov 15
June 21	Dec 13

Full Moon 7-9 pm  
on these Saturdays

\$22

Jan 11	July 4
Feb 8	Aug 1
March 7	Sept 5
April 4	Oct 3
May 9	Oct 31
June 6	Nov 28
	Dec 26



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