



# SOUND IMMERSION

## A GONG MEDITATION

**Sound Therapy** has been used for millennia to manage a broad range of health conditions based on the understanding that all forms of matter – including the cells of our body – vibrate at different frequencies and that stress, depression and disease cause these cells to vibrate at non-optimal frequencies. The vibrations created during sound healings help to adjust this and have been proven successfully in clinical and anecdotal settings.

**Moderators** Dana Piper and Sharon Harris will guide you on a 1-hour sonic journey using gongs and many other instruments. Simply let go and allow the sounds to do the work. The experience is effortless, and the results can be profound. Lie on the floor or sit comfortably in a chair. We recommend you bring a yoga mat or pad, pillow, and blanket for your comfort.

**WHEN: Saturday May 3rd, 2025**      **COST: \$20.00**

**Tickets at:** <https://interfaithspirit.org>

**Doors open at 6:30 PM. Event starts at 7:00 PM.**

**Light refreshments following a 1-hour meditation.**

**No admission after the event begins so, please arrive early enough to set-up and get comfortable.**

The Transformational qualities of gongs were known to many ancient cultures, and gong making dates back to 4,000 BC, with some sources suggesting as far back as 16,000 BC.

### Gong baths help to:

- Reduce stress
- Release blocked emotion
- Promote vitality
- Foster healing
- Support calmness
- Energize and uplift

### For Information

Contact: Delyth

734-657-5384

[delyth.balmer@interfaithspirit.org](mailto:delyth.balmer@interfaithspirit.org)

### EVENT LOCATION:

### INTERFAITH CENTER FOR SPIRITUAL GROWTH

704 Airport Blvd. Suite 1

Ann Arbor, MI 48108

734-327-0270

[interfaithspirit.org](https://interfaithspirit.org)