

Little Creek Yoga

@ Camelia House 708 Jefferson Blvd. Lafayette LA

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Kundalini & Gong Bath w/ Sally Dunn

Session 1: Saturday, May 20th 1:30 - 4:30 Session 2: Sunday, May 21st 1:30 - 4:30

I AM SOURCE



No need to seek:

You are **source**

You are **path**

You are **awakening**

You are **opportunity**

You are **creativity**

You are **forgiveness**

You are **enlightenment**

You are **consciousness**

You are **love**

Kundalini yoga is a consciousness that awakens the undiscovered sleeping energy that dwells coiled at the base of our spine. Gong bathing is a powerful vibrational aid used in clearing, cleansing, and healing those parts of us needing nourishment. Gong baths and breathing will combine with Kundalini to gently begin our journey together.

“A gong bath is a powerfully therapeutic vibrational tool because you are bathed in sound waves. Gong baths take you into a theta brainwave state of deep relaxation and healing.” -Guru Gabrielle Bernstein

“Breathing is the physical part of thinking and thinking is the psychological part of breathing.” - Ayurveda

During practice, we will release karma and the root emotions that do not serve us; leaving room, within, to simply be grace. Grace being the unconditional kindness of the universe to bring into our lives what we need, even when we don't know what it is. The hours we spend together will cause a vibrational shift in our perception of this being human, and remembrance of what a sweet and rare gift it truly is. We are born to experience life, death, and the lessons in-between. Observe your breath and look at infinity through closed eyes. Open up like a flower. Emit the fragrance of prosperity. Celebrate and revel in the presence of the moment. The most important thing I want to accomplish during our time together is to insure that you have the most fun possible!

Mats are available. No prior experience with breath-work or yoga is required. Wear loose, comfortable clothing. Class size is limited to 15. Mats are available. You may bring a pillow to sit on. This gentle form of yoga is for everyone.

\$45.00 per session with a limit of 15

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You may pay by check, Venmo or PayPal. For questions, email: sallydunn@me.com or call 985-630-9793

Payment is due by March 15th or until full occupancy

Make Checks Payable:

Sally Dunn

813 E. Rutland St.

Covington, LA 70433

Sally Dunn was taught directly by Mehtab of Yoga Yoga in Austin who received the first Kundilini teacher training directly from Yogi Bhajan in 1976; Tibetan Buddhist, Khenrul Rinpoche is her teacher in the practice of Dharma and the late S.N. Goenka in the practice of Vipassana. Certified in Planetary Gong Therapy. KRI certified in Kundilini yoga and is a certified Hatha prenatal yoga teacher. Mentored in Kundalini Yoga by Elizabeth Eckman at Divine Yoga. Sally has also taught at the Flowering Lotus annual Kundalini retreat with Bill Savage.

She has a certificate in Ho 'Oponopono, an ancient Hawaiian teaching as well as a BBA from Baylor University. Then becoming a professional photographer she began her business, VenNorman.com, 25 years ago and her home is a venue for special events, FBpage "Hearts on Deck", in Covington, LA where she holds her yoga and meditation classes.

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EMAIL sallydunn@me.com TO GET ON THE EMAIL LIST.