



# Elizabeth Vesto

## Gong Bath and Sound Meditation

**Friday, October 6, 2017**  
**7:00 - 8:30 pm**

\$30 by Friday, September 29, 2017;  
\$40 thereafter

*4.5% transaction fee added for credit card*



**JOIN US FOR AN EVENING FILLED WITH HEALING SOUND.** Gongs, perfectly tuned crystal bowls, rin gongs, and guided meditation create an opportunity for deep relaxation. It is an experience of mindfulness, soulfulness, and stillness - a journey on an ocean of sound.

Gongs have a primordial sound which penetrates our being and helps us to meditate at a deeper level. The sounds of the gongs are from a long-forgotten time, and our minds interpret these sounds in unique and fulfilling ways. Since our bodies are mostly water, the vibrations from the gongs move through our whole body. We experience the sounds not just with our ears, but throughout all the cells in our bodies.



**ELIZABETH VESTO, BSCS/EE, JD, LL.M, 200 RYT**, has been leading guided meditations and playing gongs and bowls since 2012. Elizabeth has studied mindfulness extensively in order to help with anxiety in her own life, and wants to bring those healing effects to others. She started playing gongs after attending a gong bath and being intrigued by the unique effects the gongs have on the mind. Elizabeth lives with her husband, three kids, and two small dogs in the Northwest Suburbs and is currently pursuing 500 Hour Yoga Teacher Certification at Prairie.



# Elizabeth Vesto

## Gong Bath and Sound Meditation

**Friday, October 6, 2017**

**7:00 - 8:30 pm**

\$30 by Friday, September 29, 2017; \$40 thereafter

*4.5% transaction fee added for credit card*

### STUDENT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$30 by Friday, September 29, 2017** \_\_\_\_\_ \$40 thereafter

*If paying by credit card (4.5% transaction fee will be added):*

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter.

Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



**PRAIRIE YOGA** / ALIGN  
YOURSELF

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216 prairieryoga@comcast.net

www.prairieriyoga.org