

MZ Gong Gal's Relaxing Sound Bath

Every Thursday Morning 8:45-9:45

Dana Point Ca

A Sound bath creates an environment in which relaxation can occur both physically and mentally. Sound waves can also slow down the heart and respiratory rate, creating a therapeutic effect on the mind and body. When the brain waves and body are synchronized, balance can be restored and stress released

No experience or special beliefs required here, just a willingness to discover deep, calm and relaxation

Relax, unwind and let the vibrations and waves of sound gently wash over you.

Cost 20.00 per person

We accept cash, Venmo and Pay Pal. Ask about special rates for Wing Chun Students



dawn arthur

@dawn-arthur-71323



venmo

Scan this code to pay



Scan. Pay. Go.



Contact Info:

MZgonggal@gmail.com

Text or call 714-865-0402

Classes are at:

The Dragon Institute/Kung Fu School

34241 Pacific Coast Hwy Suite 105, Dana Point, CA 92629

What you need:

Bring a yoga style mat, or a blanket to lay on our padded mat.

A jacket or something to keep you warm as your body relaxes, and anything else you would like to make yourself comfortable, like a pillow or eye covering.

Please arrive a few minutes early to get yourself set up.

