



Gong Yoga

Mehtab Benton

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GONG YOGA is a comprehensive book on practicing and teaching yoga with the sound of the gong. You will learn about the origin, history and use of the gong for yoga and meditation as well as its current therapeutic applications for healing and transformation. The book contains a step-by-step training guide to teach yourself how to play the gong through a series of practice sessions. You will learn the basic techniques to play the gong effectively as well as more advanced techniques to create your own personalized gong playing routines. You will also learn how to structure yoga classes and individual practices using the gong as well as how to develop gong yoga therapy sessions for your students and professional clients. A special chapter on Kundalini Yoga and the Gong explains the use of specific mantras and meditations, as well as information on the chakras, the major energy channels of the body (the nadis), and the five sheaths of existence (the koshas), that are key to understanding how the gong integrates with the practice of yoga. Also included is how to select and care for your gong and additional resources to develop your skills.

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