



Gongga Yoga

with Lorraine Aguilar
and The Gong Temple

Sunday September 20th • 4-6pm \$45

Yoga Flow Studio
977 Glen Cove Avenue
Glen Head, New York
11545
(516) 656-0672
yogaflowstudio@gmail.com

Gongga Yoga is an exploration of Self through sound and movement - a gentle, yet deep approach to body-mind awareness and relaxation. Ron and Michelle Angel combine their music with Lorraine's yoga expertise to create a unique and powerful experience.

Please bring a yoga mat.

TheGongTemple.com

