

gong bath

with gordon coxon

upcoming dates: 12/05 26/05 09/06 23/06

fortnightly | 6:30pm until 7:30pm

£12 | per person

What is a Gong Bath?

In a gong bath the body is literally 'bathed in sound', promoting a deep sense of well being and inner peace. The sound of the gong has the effect of timelessness – and of de-materialisation. People often have the experience of floating in space, or in an ocean; some have inspiring visions, or see colours.

More than a musical instrument, the gong is a conduit for vibrational waves of energy, releasing reverberating tones of great fullness and resonance that interact with the human body on a very deep, even cellular level. The gong facilitates deep meditation; it can open all the chakras and enable healing to more readily occur as the body concentrates on drawing in the sounds it needs to re-align and harmonise itself.

And the silence which settles when the gong bath ends is often very profound. Most people emerge from a gong bath feeling extremely relaxed, re-energised and refreshed. The aura, nerve and immune systems seem strengthened and the inner voice of higher consciousness more easily heard.

'Feel the gong's pulsations and let the millions of vibrations dance and flow through your senses. You will become fearless, relaxed and awakened.'

- Yogi Bhajan

Gordon Coxon spent the early part of his musical career working with such luminaries as the mime artist Lindsay Kemp, the Velvet Underground's John Cale and punk star Toyah Wilcox. He later ran an improvising electronic jazz combo, the Space Cadets, and, more recently, began composing and recording music incorporating the sounds of nature, notably birdsong, along with devotional material such as Shamanic poetry and Buddhist chant.

Gordon was drawn to the gong several years ago through a deepening involvement in yoga and meditation and it has since become his main sphere of interest. He studies with Grand Gongmaster Don Conreux - the world's foremost authority on the gong – and offers gong baths regularly in group sessions and on a one-to-one basis in Brighton and London. He currently employs a beautiful 32 inch Paiste symphonic gong, a 28 inch Chinese wind gong, temple cymbals and chimes.

availability: Gong Bath takes place every other Thursday.

Next dates: 14/04 28/04 12/05

register: Please call *evolve* at 020 7581 4090 (limited to 10 people)

programmes 

