

# Global Mindfulness

A SERIES HOSTED BY THE TTUHSC OFFICE OF GLOBAL HEALTH

## *In Rhythm: Sound Healing Meditation with Gongs*



**MONDAY, MARCH 4, 2024**  
**11 AM – 12 PM      HSC 2B265**

Led by **Valerie Weyrich, E-RYT-500** and  
Master Gong Practitioner

IMMERSE YOURSELF IN A UNIQUE AND REJUVENATING EXPERIENCE AS WE BRING THE ANCIENT ART OF GONG MEDITATION TO TTUHSC. THIS SPECIAL OFFERING IS DESIGNED TO PROVIDE A MOMENT OF RESPITE FROM THE DEMANDS OF ACADEMIC LIFE. THE RESONANT AND RHYTHMIC SOUNDS OF GONGS HAVE THE POTENTIAL TO CREATE A CLEANSING AND TRANSFORMATIVE YET RELAXING EXPERIENCE, FOR BOTH YOUR BODY AND MIND. JOIN US AS WE GATHER IN COMMUNITY TO REST, RELAX, AND BE MOVED IN SOUND VIBRATION!

THIS GLOBAL MINDFULNESS WORKSHOP SERIES IS **FREE**  
AND OPEN TO **ALL TTUHSC STUDENTS**.  
FOR QUESTIONS, PLEASE EMAIL [GLOBALHEALTH@TTUHSC.EDU](mailto:GLOBALHEALTH@TTUHSC.EDU)