

Sound Sovereignty: A Healing Meditation with Gongs

CO-HOSTED BY THE TTUHSC OFFICE OF GLOBAL HEALTH AND
OFFICE OF INSTITUTIONAL HEALTH & WELLNESS



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

THURSDAY, MARCH 7, 2024

2- 3 PM ACADEMIC EVENT CENTER

IMMERSE YOURSELF IN A UNIQUE AND REJUVENATING
EXPERIENCE AS WE BRING THE ANCIENT ART OF GONG
MEDITATION TO TTUHSC. 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!

Please wear comfortable clothing, bring a yoga mat or cushion,
and a water bottle. Participants can sit or lie down.

ALL TTUHSC STAFF, FACULTY, & STUDENTS ARE WELCOME!
FOR QUESTIONS, PLEASE EMAIL GLOBALHEALTH@TTUHSC.EDU