

Gong Sound Bath with Laura Li Fong Yee



Come experience a meditative immersion in the powerful sounds and vibrations of the Gong, complemented by other sound healing instruments.



This class is for adult cancer patients and will consist of a short, guided meditation followed by an extended Gong Sound Bath. The Gong is said to contain all the sounds of the Universe. It helps to support deep rest, relaxation, and stress reduction for the nervous system, body, mind, and spirit.

When: Monthly on Sundays various times and locations

Dates and Locations:

May 24th, 1 - 2:30 pm at Meridian Park Medical Center, Tualatin, OR

June 7th, 5 - 6:30 pm at Salmon Creek Medical Center, Vancouver, WA

July 12th, 1 - 2:30 pm at Mount Hood Medical Center, Gresham, OR

August 2nd, 5 - 6:30 pm at Meridian Park Medical Center, Tualatin, OR

Registration: Free event. Due to limited space, registration is required.

Register today by scanning the QR code or visit
www.legacyhealth.org/cancerclasses

*It is recommended that participants bring props: mat, blanket/s, pillow, eye mask - anything you need to be comfortable lying on the floor for an hour!
Extra props are available if you do not have these items.

