



Gong Training

Level 1

Basic knowledge about gong, its history and its effects, basic and advanced techniques of playing the gong, individual and group application, theory and practice of sound massage, handling singing bowls, gong bath, gong yoga - using exercises in different contexts, Introduction to the playing techniques of conch shells and Indian flutes, Spiritual Free Jazz, Free Improvisation, Multi-Instrumentality, Mantra - Chanting, Gong-inspired Mantras, Chanting to the Shrutibox, Gong-Therapy Axioms, Working with other sound instruments, Certification

Dariusz Domanowski (Sunder Kirtan Singh) is a gong teacher and Kundalini Yoga teacher. In the years 2007 - 2013 he completed the singing bowl training according to Peter Hess and the gong training according to Don Conreaux as well as the numerous workshops in the area of GongYoga and Gong e.g. with Dr. Herbert Seitz. For over 12 years Dariusz and his wife Alena have been organizing events of various kinds: gong baths, gong pujas, concerts and gong workshops.



Costs
regular: 545€
Early bird: 495€ (until 28.2.)

Registration
+43 660 946 0140 or
trainings@amardas.at

Place
AMAR DAS
Kundalini Yoga Center
Kleine Stadtgutgasse 3
entrance Aloisgasse
1020 Vienna



Christian Navarro (Nirmal Singh) has been working with singing bowls in individual and group settings for more than 20 years. Leads gong and singing bowl trainings. Is a Kundalini Yoga teacher and trainer, leads spiritual family constellations and combines shamanic techniques in this work.

Date
30th of March -
2nd of April 2023

In the training
there is the possi-
bility to acquire a
suitable gong for
you.

