



# Teaching Gong Yoga

*Mehtab Benton*

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## **Teaching Gong Yoga** Mehtab Benton

Teaching Gong Yoga is the first comprehensive book on using the sound of the Gong to enhance the practices of Yoga, including asana, pranayama, mantra, meditation and relaxation. Gong players, sound healers, yoga teachers, and students will learn how the gong can be used in all types of yoga, including: Kundalini Yoga • Hatha Yoga • Vinyasa Flow Yoga • Ashtanga Yoga Restorative Yoga • Prenatal Yoga • Children's Yoga • Senior's Yoga You will learn the theory and practice for: • Constructing and teaching Gong Yoga classes • Playing the Gong for the chakras • Practicing meditation with the Gong • Using gong maps to develop your playing techniques • Creating deep relaxation and healing through the Gong Fully illustrated with nearly 100 drawings and 23 tables of information on these and other topics: Asana Sequences with the Gong Sound, Prana and the Five Tattvas Playing the Gong for the Chakras Pranayama Practices and the Gong The Gong, Mantras and the Inner Sounds Mudras and Gong Meditation The Gong and Yoga Nidra ... Plus special yoga practices for gong players and teachers Mehtab is the originator and author of Gong Yoga, the first book on using the gong in the practice of yoga. He has trained hundreds of yoga teachers, therapists and musicians in the art of playing the gong, and created the DVD course How To Play the Gong for Yoga, Meditation and Healing.

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