



# Moon Cycle Sacred Gong Bath with Richard Rudis

**Sunday, July 22<sup>nd</sup> 12:30 pm**

## Spiritual Actualization ~ Crown Energy ~ Waxing Gibbous

The crown chakra is associated with the transcendence of our limitations, whether they are personal or bound to space and time. The quality of awareness that comes with the crown chakra is universal, transcendent. As we are immersed in the energy of the crown chakra, we feel a state of blissful union with all that is, of spiritual ecstasy. This chakra allows access to the upmost clarity and enlightened wisdom.



**\$30 pre-register**  
**\$35 at the door**



**Castle Rock Rec Center**

**2301 Woodlands Blvd., Castle Rock**

**[www.cslcr.org/events/gong](http://www.cslcr.org/events/gong)**

***Please bring a mat for your comfort***

