

# Restorative Energy Gong Bath with Richard Rudis



Sunday, March 18<sup>th</sup> at 12:30 pm

## Vibrational Energies for Mental Acuity & Identity

*Manipura Chakra* (Solar Plexus - yellow) regulates the pancreas and abdominal organs. It is represented by the element of fire and is in control of an individual's sense of sight. It is located in the navel area. This chakra has emotional attributes of self-will, mental acuity and sense of identity within.



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

**Castle Rock Rec Center**

**2301 Woodlands Blvd., Castle Rock**

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

**Please bring a mat for your comfort**

