

Energetic Gong



Welcome to Gong and Soundbath

16 November 2025, from 16:00-18:00

Ridefogedvej 8, 9000 Aalborg (parking available directly on the driveway)

Save your spot: SMS 41161804 / Email: nicki.samson@gmail.com

300 pp (cash payment)

Welcome to experience the deep curious journey from Gongs and frequencies.

Sound is energy and the Gongs creates frequencies that affect us both physically and on a soul level.

The Sound/Gong Bath can help release stress and blockages in both body and mind, clean and balance the energy centers and build up your energy field.

Which sound or vibration is best for you depends on what you need for the time being, and with the many Gongs there will be a wide range of frequencies.

If you live a calm and relaxed life, perhaps a Gong bath with more "thrust" will provide mostly refills. If you live with constant stress and hustle, then perhaps they want to go deeper and the calm tones are the ones that provide the most replenishment and build up your energy field.

Whatever you may need, what is certain is that you will go home different than when you came!

The gongs are made of different materials such as Silver, Nickel, Bronze, Titanium and Alpaca, and has frequencies that can loosen up body and soul.

During the Gong bath, it is recommended to lie down, or sit comfortably so that the body can relax completely, and then simply observe what sounds and frequencies do for the body's ability to heal and awaken.

Inge Joar Holsen has been working with Awareness meditation s well as performing healings since 2006 , and giving Gong baths around this World since 2017.

He is also certified Human Design LYD Guide. ’

More information www.energeticrelease.com