

## Gong Yoga Benton Mehtab

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### Gong Yoga Benton Mehtab

Mehtab Benton Mehtab is a lifelong practitioner of Kundalini Yoga, a professional certified Vedic astrologer, and an internationally renowned Gong teacher.

### Yogi Mehtab Homepage - Mehtab Benton

Gong Yoga is a very well written informative book. The author gives you a brief history on the gong and describes its applications in the practice of yoga as well as meditational and healing uses. The instructional portion of the book is well laid out so beginners can follow along easily.

### Gong Yoga: Benton, Mehtab: 9781939239020: Amazon.com: Books

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.

### Teaching Gong Yoga: Benton, Mehtab: 9781939239044: Amazon ...

MEHTAB BENTON Lead Trainer Mehtab Benton has been playing the gong since 1994 and has trained yoga teachers, therapists and musicians around the world in the art of playing the gong.

### GONG MASTER YOGI MEHTAB BENTON - GONG-ACADEMY.COM

Mehtab Benton 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. He is a lifelong Kundalini Yoga practitioner and teacher and has trained teachers in Hatha and Kundalini Yoga for over 18 years.

### Mehtab Benton - Teacher - Retreat Guru

Mehtab Benton is the founder of Yoga Yoga one of the largest and most successful yoga centers in the country, is a dedicated yogi who is also an incredibly insightful Vedic astrologer, preeminent gong teacher and successful author of over 100 articles and 11 books including the recently released Gong Yoga: Healing and Enlightenment through Sound.

### Mehtab Benton » Products | The Aum Nation

The Inner Gong Player: Advanced Practice and Spiritual Development In this master course with Mehtab Benton, you will take your gong playing to the next level and discover how to use your gong as a partner in self-healing and transformation.

### The Inner Gong Player: Edinburgh, Scotland | Yogi Mehtab

Mehtab Benton is the originator of Gong Yoga™ and author of Gong Yoga: Healing and Enlightenment Through Sound, published in nine international editions and translations.

### Gong Training — Joy

Mehtab has taught Kundalini Yoga since 1974 and has trained hundreds of Hatha and Kundalini Yoga teachers. He was a featured instructor in the University of Texas Master Class series where he played the gong and lectured on the practice of yoga.

### Gong Dharma - Professional Gong Training

Gong Yoga is a very well written informative book. The author gives you a brief history on the gong and describes its applications in the practice of yoga as well as meditational and healing uses. The instructional portion of the book is well laid out so beginners can follow along easily.

### Gong Yoga: Amazon.co.uk: Benton, Mehtab: 9781939239020: Books

Certified Gong Yoga Teacher, Mehtab Benton, London 2017. Thai Yoga Massage Training, Brian Cooper, Glasgow 2015. Yoga Teaching Diploma (500hrs), Balance, Glasgow 2013. What my students say: "I love the combination of chanting, kriyas and meditation, and for me it's my new yoga drug of choice.

### Raj Adesh Kaur | Kundalini Yoga Scotland

Published on Mar 5, 2017 Mehtab is an internationally recognised Gong Master, Kundalini Yoga Teacher and Teacher Trainer, and original student of Yogi Bhajan. In these series of videos, you will...

### Trailer Kundalini Yoga & the Gong with Mehtab Benton

Mehtab Benton is the founder of Yoga Yoga one of the largest and most successful yoga centers in the country, is a dedicated yogi who is also an incredibly insightful Vedic astrologer, preeminent gong teacher and successful author of over 100 articles and 11 books including the recently released Gong Yoga: Healing and Enlightenment through Sound.

### Mehtab Benton » Wellness Services | The Aum Nation

An introduction to the Gong's relationship to Yoga. An introduction to the Gong's relationship to Yoga. Skip navigation Sign in. ... Gong Concert - Yogi Mehtab Benton - Duration: 9:57.

### Gong Yoga

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.

### Teaching Gong Yoga: Amazon.co.uk: Benton, Mehtab ...

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### Gong Yoga By Mehtab Benton - orchisgarden.com

Mehtab has played the Gong for 25 years and trained hundreds of yoga teachers and sound healers worldwide in the art and science of playing the Gong. He is the originator and author of Gong Yoga and the creator and author of Gong Therapy. He has practiced Kundalini Yoga for 45 years and is a Level 1 and Level 2 Kundalini Yoga Teacher Trainer.

### 21-23 AUGUST: GONG THERAPY TRAINING WITH MEHTAB & LAURA ...

Mehtab is the originator and author of Gong Yoga, the first book and course on using the gong with the practices of yoga and meditation.

### How to Play the Gong with Mehtab & Siri Bahadur • Flow Yoga

Mehtab Benton is a long-time yoga teacher and certified Vedic astrologer. He has trained hundreds of yoga teachers, therapists, and musicians in the art of playing the gong. He has been playing for 18 years in concerts and workshops as well as yoga classes.

### Books by Mehtab Benton - Gongs Unlimited

Mehtab Benton Mehtab began his studies with Yogi Bhajan in 1973 in San Rafael California where used the techniques of Kundalini Yoga in the ashram's drug rehabilitation program and later attended the first yoga teacher training course personally taught by Yogi Bhajan, the Master's Touch, in the 1990s.