



**GONG UNIVERSE**  
 APS IL CANTO DEL DRAGO

# “SOUNDS OF THE UNIVERSE” GONG BATH

## ABOUT GONG BATHS

SOUND BATHS OR GONG BATHS ARE EXPERIENCES OF DEEP RELAXATION THROUGH THE LISTENING TO PRECIOUS INSTRUMENTS SUCH AS GONGS - ANCIENT INSTRUMENTS RICH IN HARMONICS WITH BENEFICIAL FREQUENCIES - THE VOICE, TIBETAN AND QUARTZ CRYSTAL BOWLS, SHAMAN DRUMS, AND MANY OTHERS. DURING THESE EXPERIENCES, THE PERSON LIES COMFORTABLY TO RECEIVE THE SOUNDS AND THE VIBRATIONS OF THE INSTRUMENTS PLAYED BY THE SOUND HEALER. SOUNDS AND VIBRATIONS ALTERNATE WITH SILENCE TO GENTLY BRING THE RECIPIENTS INTO A STATE OF STILLNESS, WELL-BEING AND RELAXATION.



## FAO Staff Coop PROMOTION

PARTICIPANTS	STANDARD RATE	REDUCED RATE
1	€120	€90
2	€90	€60
3	€70	€40
4	€50	€30
from 5 to 10	€30	€25
from 11 onwards	€25	€20

The Gong Baths will take place exclusively by appointment, agreeing together on the day and time.

The venue of the Gong Baths is at:  
**Aps Il Canto del Drago in Via del Fosso di San Andrea 57, Rome.**

The discount is reserved for FAO Staff Coop members and any accompanying persons.

FOR INFO AND BOOKING:  
 FAO-STAFF-COOP@FAO.ORG  
 0657053142

## GENERAL INFORMATION

THE SESSION WILL LAST 45 TO 60 MINUTES.

WE RECOMMEND THAT YOU WEAR COMFORTABLE CLOTHING, AND BRING A LIGHT BLANKET AND A SMALL BOTTLE OF WATER WITH YOU.

AFTER A SHORT PRESENTATION, THE PRACTITIONERS WILL GUIDE YOU THROUGH A GENTLE RELAXATION EXPERIENCE FOLLOWED BY SILENCE. SILENCE IS A FUNDAMENTAL ELEMENT THAT WILL ALTERNATE WITH THE SOUNDS AND THE VIBRATIONS OF THE INSTRUMENTS THROUGHOUT THE WHOLE SESSION. AT THE END OF THE SOUND JOURNEY THERE WILL BE A LONGER SILENCE, THE PRACTITIONERS WILL THEN ACCOMPANY YOU OUT OF THE STATE OF RELAXATION.

## CONTRAINDICATIONS

THERE IS NO SCIENTIFIC EVIDENCE OF ANY NEGATIVE EFFECTS OF SOUND. HOWEVER SOME EXTRA CARE IS RECOMMENDED IN THE PRESENCE OF CERTAIN SITUATIONS AND/OR SPECIFIC CONDITIONS (FIRST TRIMESTER OF PREGNANCY, CARDIOVASCULAR AND NEUROLOGICAL DISEASES (GRAND MAL, EPILEPSY, EVEN IN MILD FORMS) AND PSYCHIATRIC DISORDERS (BIPOLARISM, DISSOCIATIVE STATES).

## MEET THE SOUND HEALERS

**"MIKO" MICHELE FOLCO. ADVANCED GONG MASTER, GONG TEACHER, LAUGHTER YOGA INTERNATIONAL TEACHER, LAUGHTER AMBASSADOR**



HE STARTS PLAYING THE GONGS IN 2012, AFTER MEETING CHRISTOF BERNHARD WHO BECAME HIS FIRST TEACHER. HE THEN PARTICIPATED IN HIS FIRST INTERNATIONAL COURSE WITH DON CONREAUX AND AIDAN MCINTYRE. OVER THE YEARS, HE KEPT DEEPENING HIS KNOWLEDGE BY TAKING PART TO VARIOUS INTERNATIONAL COURSES WITH DON, AIDAN, CHRISTOF AND OTHER TEACHERS. HE JOINED CHRISTOF AS HIS ASSISTANT IN THE GONG MASTER TRAINING AND, LATER ON, HE CREATED GONG UNIVERSE, THE ONLY SCHOOL IN ROME AUTHORIZED BY GONG PLANET TO TRAIN NEW GONG MASTERS. HE CONTINUES HIS TRAINING WITH GONG MASTERS SUCH AS MEHTAB BENTON, MICHAEL BETTINE, MIKE TAMBURO AND OTHERS.

IN 2019 HE JOINS THE "TECHNICAL STAFF" DURING THE INTERNATIONAL COURSES WITH DON CONREAUX AND AIDAN MCINTYRE TAKING CHARGE OF THE MORNING MEDITATION THROUGH THE "TAIJI GONG", A TECHNIQUE BASED ON THE MOVEMENTS OF TAIJIQUAN TO MOVE IN FRONT OF THE GONG WITH GRACE AND ELEGANCE.

IN 2020, HE QUALIFIES IN TRANSLATIONAL MUSIC WITH EMILIANO TOSO.

SINCE 2020 HE IS MEMBER OF THE "TEACHING TEAM" DURING GONG PLANET'S ADVANCED GONG MASTER TRAINING

APS IL CANTO DEL DRAGO  
VIA DEL FOSSO DI SAN ANDREA 57,  
ROME.

GONGUNIVERSE@GMAIL.COM

WWW.GONGUNIVERSE.IT



**\*\*Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties who respond directly to clients**