

The Gong Temple Nude Meditation Event Review

Written by Guest Blog
Friday, 26 January 2018 20:11 -

Guest Blog by: Jim and Ginnie

We had the pleasure of attending The Gong Temple Nude Meditation Event led by Michelle Angel on October 14, 2017. Michelle travels the country, performing standalone sessions or as an enrichment to yoga classes. The sessions are not merely musical performances, but instead are intended to promote healing and deep – perhaps even spiritually-transformative – relaxation.



Setup for the nude meditation event with The Gong Temple

Michelle plays several very large (three to four foot diameter) Paiste and Meinl Planetary gongs, accompanied with a steel Halo handpan drum, flutes, and singing bowls.

Michelle and the eight-to-ten participants disrobed before the session began, and introduced themselves and chatted for a bit to become more relaxed and comfortable. We then laid on the

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floor on yoga mats and blankets, and the session began.

For the next ninety minutes, we were bathed in various vibrations and sounds, sometimes loud and imposing and other times quiet and delicate. In all cases, the sounds harmonized to create ever-changing effects. We were surprised at the many different sounds and vibrations that could be elicited from the gongs and other instruments.



Gongs, crystal bowls and instruments used in the Gong Temple meditation event

To be candid, Jim is less “new age,” and did not experience any profound effects from the session. But the sounds nonetheless were pleasant, relaxing, and very enjoyable.

Ginnie, on the other hand, is very “new age,” and plays crystal singing bowls at events herself. Ginnie found the session an invigorating and healing experience: “The haunting sounds of the gongs struck an interesting chord with me as Michelle skillfully scraped various mallets and

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implements over their surfaces. It reminded me of sounds that are other-worldly and set a spark of knowing and remembrance through my being. I would definitely recommend Gong Temple events to others!"

The Venue: The event was held at Ananda Yoga & Wellness, in Wenonah (Gloucester County), New Jersey. We had never been to Ananda, but found it to be a large, beautiful yoga studio with warm, clean and welcoming accommodations. We can happily recommend the studio for future classes or events. (The studio is on the second floor and there is no elevator, which might make access more challenging for those with differing abilities.)

Karen, one of the owners of the studio, was present and made sure everyone was comfortable and content. Karen explained that she and her husband are long-time naturists, and had met Michelle at a retreat where they got the idea to host the event. Karen tells us they are thinking of hosting additional naturist events, which we would heartily welcome.

Links: The Gong Temple: <http://thegongtemple.com>

Ananda Yoga & Wellness: <https://anandayogahome.com>

About the Authors: Jim & Ginnie have been naturists for decades, and members of (now [close](#)
[d](#))
YNA in recent years, attending several naturist hikes and beach days with the group.

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