

# The Art of the Gong

with Angad Singh

*Gong Practitioner Training for  
Kundalini Yoga Teachers.*

5-day Residential Gong Intensive

*Begin your journey to becoming a Gong Master!*

This is a 40-hour Gong Practitioner Training aimed at Kundalini Yoga Teachers.



At the end of the course, you will have gained a foundation in the necessary skills to confidently play the gong in a yoga class and to run a gong bath for members of the public. You will understand the history of the gong, about the different types of gong available, how gongs are made and how to care for and maintain your gong. You will have experience of playing the gong and received feedback that will guide your personal development with the gong.

If you are a complete beginner or have some limited experience of playing the gong, this course is for you. Places are strictly limited to 12 participants to ensure time for individual questions and feedback on your gong technique. Book soon to avoid disappointment.

Participants who complete all 5 days will receive a certificate of completion of the training.

**Investment:** €750 for the 5-day course including food & accommodation

**Registration:** [info@cherdikala.eu](mailto:info@cherdikala.eu)

## Course Outline:

**Dates:** August 22<sup>nd</sup>-26<sup>th</sup>

**Times:** 9:00 am - 17:30 pm plus evening activities  
Optional Aquarian Sadhana

**Venue:** Yogahaus Prasaad, Almenstraße 11, 78234 Engen, Germany

**Arrival:** Wednesday 21<sup>st</sup> of August from 16:00 onwards

**Departure:** After 17:30 on 26<sup>th</sup> of August,  
or in the morning of 27<sup>th</sup> August (if you book an extra night)

## Training Topics:

- History of the Gong
- Types of Gong & Accessories
- Birthing a Gong (how they are made)
- Science & Philosophy of the Gong
- Playing the Gong
  - Tuning-In
  - Attitude & Holding the Gong Space
  - Techniques / Patterns / Sequences of Play
  - Intention
  - Use of Mantra
- The Gong and the Chakras
- The Gong and the Meridians
- Use of the Gong in a Yoga Class
- How to run a Gong Bath
- 1-2-1 Gong Sessions
- Care for your Gong
- Developing Your Personal Gong Practice
- Experience Gong Bath Sessions
- Kundalini Yoga Meditations & Yoga
- All participants will have the opportunity to play the gong and receive individual feedback

## About Angad Singh:



Angad Singh is a Kundalini Yoga Teacher Trainer, Gong Master, Shiatsu Practitioner, Karam Kriya Numerology Trainer & Spiritual Coach.

After many years on the spiritual path, he found the truth he had been seeking through his teacher Shiv Charan Singh and teachings of Yogi Bhajan. He now lives to serve others on their journey. Angad has recently returned to the UK after 4 years serving as Director of Château Anand, 3HO Europe's Ashram and Kundalini Yoga Centre, in France.

He teaches across the UK and Europe. He also serves as an advisor to KYTA UK & as a Director of 3HO International.

More Information: <https://www.kundalinirising.org>

## OPTIONAL –Factory Visit. Oetken Gongs, Rendsburg, Germany:

**Factory:** <http://www.oetken-gongs.de>

**Date:** Saturday, July 13<sup>th</sup> 10:00 am - Evening

**Costs:** Investment €50 - Those attending will receive a **10% discount on any gongs ordered on the day.**

**Travel:** Nearest Airport = Hamburg.

Food, travel and accommodation are the responsibility of each participant. Recommendations for accommodation available on request.



### Day outline:

- Introduction and Demonstration of Gong Making from Gongmaster Broder Oetken
- Playing and Sampling Gongs
- Option to Order Gongs with 10% Discount
- Gong Bath including a range of Oetken Gongs with Angad Singh

Broder Oetken is the gong master at Oetken Gongs. He was taught by the first two Paiste gong masters, Rudi Bonness & Walter Meyer. He was Gongmaster at Paiste until 2010.

An exceedingly skilled craftsman, he has been commissioned to make gongs for Meinl Percussion and Olli Hess, as well as making gongs for individual players around the world. Between commissioned jobs, Oetken has created his own brand of gongs that includes Symphonic, Planetary and other unique Sound Creation-style gongs made in memory of his work with Meyer. He has a small staff of gong makers that work with him.

## FAQ:

### Do I need a Gong to participate?

Ideally, you will bring your own gong, stand and mallet to the training. If this is not possible, please get in touch to discuss the possibilities.

If you wish to master the gong, owning your own gong is essential. Mastery of the gong required many hours of practice to hone your playing technique, to gain a deep understanding of holding the gong space and for your own purification/spiritual development.

### What Gong Should I Buy?

This is one of the most common questions I am asked. The course includes information about all of the types of gongs available, which will help inform future choices. I will also answer any specific questions you may have.

Obviously, it would be best to have a gong for the training, so I recommend to begin your journey of gong mastery, buying a Symphonic Gong (or Tam Tam) rather than a tuned gong (Planetary Gong or Sound Creation Gong). This allows you to develop your playing skills without the limitations of a tuned gong.

Experience suggests that a 32" gong is the optimal size for a beginner and offers the best value in terms of sound quality/presence & ease of playing vs. the cost of purchase. If you have space and can afford a larger gong, I would recommend a 36" symphonic gong. If space and budget are limited smaller symphonic gongs (28"/24") can be used.

There are many brands out there. Highly recommended factories include Paiste, Meinl, Broder Oetken (who also makes gongs for Meinl and Oli Hess) & Tone of Life.

I personally recommend Oetken Gongs due to the quality and care with which they are made. Please see Broder's biography in the Factory Visit section.

I have commissioned Broder Oetken to make gongs for students that wish to order them and arranged a lifetime discount of 7.5% on Oetken Gongs for all participants of the training. To receive the discount you must mention that you trained with Angad Singh and order the gongs directly from Oetken Gongs - <http://www.oetken-gongs.de>

### Do I need to be a Kundalini Yoga Teacher to Participate?

No, whilst this course is aimed at Kundalini Yoga Teachers, you do not need to be a teacher to participate. During the training, we will practice yoga kriyas and meditations from the Kundalini Yoga tradition and there will be a focus on the use of the gong in a yoga class. We will cover running a gong bath and the basics of 1-2-1 sound healing, in-depth work in this area will be covered in an advanced follow-on course.