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### **Mehtab benton (author of gong yoga)**

Mehtab Benton is the author of Gong Yoga (5.00 avg rating, 1 rating, 0 reviews, published 2008), Teaching Gong Yoga (0.0 avg rating, 0 ratings, 0 reviews)

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## **Teachers - gong europe**

MEHTAB BENTON is the originator Astrology Yoga, Teaching Gong Yoga, She has trained Hatha Yoga teachers through her Yoga Alliance Registered School and is

## **Mehtab, mehtab benton, gong yoga, gong - one**

Mehtab. Mehtab Benton is the originator and author of Gong Yoga, Teaching Gong Yoga, and the DVD course How To Play the Gong for Yoga, Meditation and Healing.

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Study with the originator of 'Gong Yoga': Mehtab, a direct student of Yogi Bhajan. Required Text: Gong Yoga by Mehtab Benton Recommended Resource:

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MEHTAB BENTON is the originator and teacher and has trained teachers in Hatha and Kundalini Yoga for of Gong Yoga, Astrology Yoga, Teaching Gong

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