

GUIDED RELAXATION & MEDITATION SOUND BATH

Join us for a deeply restorative guided meditation, followed by the soothing vibrations of gongs, Tibetan singing bowls and other healing sounds, designed to melt away stress, quiet the mind, and awaken a profound sense of inner peace.

- Perfect for beginners
- Tea & refreshments afterwards
- Booking essential



**CONTACT
FEDELLA TO BOOK:
07505 629003**

**WED 20TH AUGUST
6:30-8PM**

BASSENTHWAITE PARISH ROOM

SCHOOL RD, BASSENTHWAITE, CA12 4QJ