

Sound and Silence: Resonant Healing for Mind and Body

with Pam Mullett and Jurek Dabrowski
Sound Workers and Gong Practitioners

Saturday, 16 February 13.30 for 14.00-15.30
Saturday, 6 April 13.30 for 14.00-15.30



Come and bathe in wonderful waves of sound as we play our high quality gongs, singing bowls and other instruments - a fabulous way to de-stress that leaves you feeling calm, yet energised and 'in-tune'.

Cost: £20 per workshop (includes refreshments)

Codes: WSSR1 and WSSR2

The Letchworth Centre for Healthy Living
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