

# Sound Bath

with Pam Mullett and Jurek Dabrowski  
Sound Workers and Gong Practitioners

**Tuesday 16 July 20.00-21.15**



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

**Cost:** £20 (includes refreshments)

**The Letchworth Centre for Healthy Living**  
**Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA**  
**Tel: 01462 678804 [www.leitchworthcentre.org](http://www.leitchworthcentre.org)**



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