

Drift Away Harp Relaxation

with Julia Mitchell

Saturday 2 November 14.15 for 14.30-15.15



Drift Away sessions are designed to provide a space for you to leave normal life behind and completely relax to the sound of the small therapy harp.

Bring a mat, pillow and blanket and take the time to rest.

Cost: £14

**The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth,
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