

Introduction to Sound Healing for Mindful Listening and Wellbeing

*with Pam Mullett and Jurek Dabrowski
of Sound and Silence Resonant Healing*

Saturday 12 October 14.00-17.00



This is an interactive introductory 3-hour workshop on using sound for meditation and wellbeing. You will have the opportunity to try some of the instruments used in our sound baths such as singing bowls, gongs and frame drums. All the instruments are played intuitively so no previous experience of playing is needed. If you have your own drum, please bring it along.

Cost: £35 includes refreshments by Nourish

**The Letchworth Centre for Healthy Living
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