

# Sound Bath Workshop

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

**Saturday 16 November 14.00-15.15**



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

**Cost: £20**

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

**THE LETCHWORTH  
CENTRE FOR  
HEALTHY LIVING**

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