

Winter Solstice

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

Friday 20 December
18.00-19.15 or 19.30-20.45



Join us as we celebrate the Winter Solstice, the turning of the sun when days slowly begin to lengthen. We invite you to journey with sound as we play our gongs, singing bowls and other instruments and then have a warming cup of mulled juice and some energy bites.

Cost: £20 per session - includes refreshments by *Nourish*

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