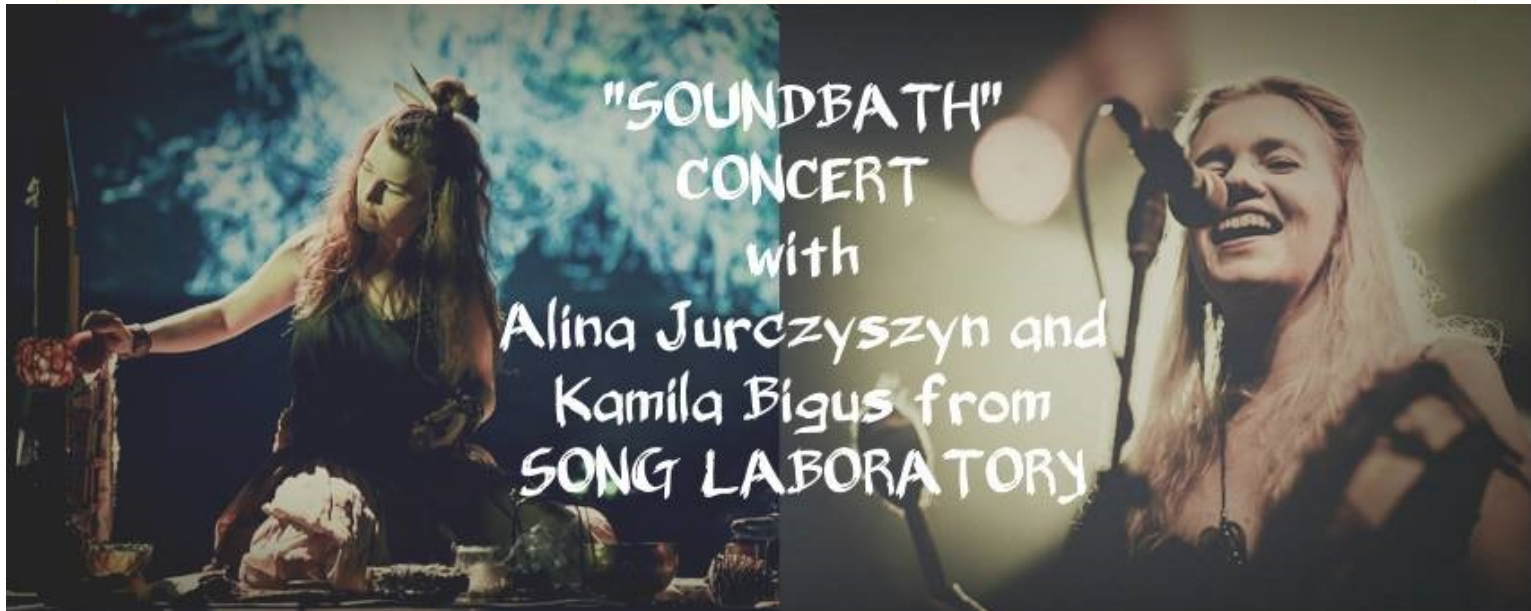




SOUND BATH

Alina Jurczyszyn, Kamila Bigus
Laboratorium Pieśni

Song Laboratory from Gdansk, Poland



Start your weekend afresh by experiencing deep relaxation through music.

Lie down and become bathed in sound.

Share your immersion with intuitive singing, shaman drum, violin, singing bowls, shruti box, koshi and more.

This music meditation, a magical ceremony of primeval songs, will give you the power to open your heart and rid yourself of all your tensions.

Friday 14 September 8-9pm

Brigstock Village Hall, Bridge Street, Brigstock, NN14 3ET

To book, please contact Ros Stoddart ros@rosalindstoddart.co.uk 07717597063

Cost: £15