

BURROWS LEA WELLNESS TALKS

at Harry Edwards Healing Sanctuary , Burrows Lea, Shere, GU5 9QG

Thursday 22nd August 2019
2pm - 4pm

RESTORATIVE & RELAXING SOUND BATH With Paddy Baillie



A sound bath/journey is a gentle, yet powerful, experience for the mind and body.

The sounds are created by a variety of instruments including Alchemy Quartz Crystal singing bowls, gongs, Tibetan singing bowls, chimes and bells.

The aim is to invite deep rest and relaxation. This allows us to better manage stress and anxiety and enhance our general wellbeing.

Places are limited and so please contact Carolyn Low on 01483 203540 or email Carolyn.graeme@hotmail.co.uk if you wish to attend. There is no charge for this event but donations are much appreciated.