

Mindfulness Sound Bath

Every Wednesday, from 11am to 12noon
at Bedford Central Library



Just
£3.50
per person

What is a Sound Bath?

A Sound Bath uses specially selected instruments such as singing bowls, gongs, tongue drums, harps and flutes to produce frequencies and vibrations that have been shown to calm the nervous system, reducing anxiety and relieving stress.

Participants sit or lie on a mat (or sit on a chair) much like a yoga class and listen to the sounds that the tutor will play.

*No booking is necessary;
just turn up and pay on the day.*

*Sign-in on the landing of the
3rd floor of the library.*

*Maximum class size 25
people (first come, first
served basis). Cash only.
Change will be given.*

*It is recommended to
bring along a warm blanket
and/or eye mask to shield
from the light.*

For all enquires, please contact Robert Lindsay:

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