



Group Soundscape & Gong Bath with Helen Stillwell

**Mells Tythe Barn,
Mells, Somerset
BA11 3PN**

Dates 2023

- 24th October
- 21st November

Dates 2024

- 30th January
- 27th February
- 26th March
- 21st May
- 16th July
- 17th September
- 22nd October
- 26th November

An invitation for an hour of deep relaxation and Sonic Sounds a Monthly Group Sound and Gong Bath. Pre-Booking essential, invoiced by email.

Text, phone 07817 211907 or info@soulhorizons.co.uk

Tuesday evenings. Doors open at 7.00pm Starts at 7.15pm

Please bring a yoga mat, blankets, and pillow for your comfort. A bottle of water too for your hydration before and after your therapeutic sound journey with HELEN STILLWELL – Sound & Gong Practitioner.

Contact Helen Stillwell on 07817 211907 or <https://soulhorizons.co.uk/events/> for details and further information.

Tickets £20.00 per person per session. Pre-Booking essential.