



Group Soundscape & Gong Bath with Helen Stillwell

**Mells Tythe Barn,
Selwood Street, Mells
BA11 3PN**

**TUESDAY evenings start at 7.15pm
Doors open at 7.00pm**

Dates 2026

- 27th January
- 24th February
- 31st March
- 28th April
- 26th May
- 23rd June
- 15th September
- 20th October
- 17th November

Tickets £25.00 per person per session.

An invitation for an hour of deep relaxation and Sonic Sounds a Monthly Group Sound and Gong Bath. Pre-Booking essential, invoiced by email. Book 5 sessions upfront £125.00 and receive one for free, so 6 sessions for five. Must be taken within 12 months.

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

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 Master Practitioner.

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



**Lapwing Farm,
Old Frome Road, Shepton Mallet
BA4 4FU**

**WEDNESDAY evenings 7.15pm - 8.30pm
Doors open at 7.00pm**

Dates 2026

- 29th July
- 9th December - underfloor heating and a log fire

Tickets £25.00 per person per session.