

SOUND BATHS

In the comfort of your own garden or a park of your choice

Gather together 4 of your friends so we make a group of 6

Make yourself comfortable and relax as your soul is soothed by specially selected instruments which are played taking you on a journey through sound into deep relaxation.

Proven to help with anxiety, depression, insomnia, stress relief and more

**Contact Nathan on 07591949937 or
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nathansounds.co.uk**

£7 per person (Discounts for those who need them !!!)