

# Mindfulness Sound Bath

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

Starting Wednesday 31<sup>st</sup> January 2024



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.

*The Sound Baths are to be held on a weekly basis for 9 weeks from 31st January.*

*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.*

**For all enquires, please contact Robert Lindsay:**

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