

Back by Popular Demand

GONG BATH EXPERIENCE AT DOUAI PARK PAVILION

Friday September 13th - 2.30pm and 7.00pm

Ange and **Pete** are back in West Berkshire! If you are interested in music, relaxation and meditation then this is for you!

For more information please go to www.soundwavegongs.com

All you need to do is make yourself comfortable, lay down and close your eyes...

You will need to bring:

Something to lay on - You will be laying down for an hour so you will need at least a yoga mat and maybe some more padding to make sure you are comfortable!

A pillow for your head - some also like one for under their knees to take the pressure off their lower back

A blanket - to keep you warm (optional)

Something to cover your eyes (small towel or eye mask) - most people find that this makes the experience better (optional)

A **donation of £10** is suggested - all proceeds go to the Douai Park Recreation Association

To book a session

Please email dghowe@hotmail.co.uk

Text or phone **07867474760**

Please state **name** and chosen **session time**.

“What if time was for you, not against you?”