



SOUND HEALING GONG BATHS
All proceeds to Jigsaw Children's Hospice

WEDNESDAY 9 & 23 FEBRUARY 7- 8pm
WEDNESDAY 9 & 23 MARCH 7- 8pm

MELMERBY VILLAGE HALL

Allow the amazing sounds and powerful vibrations produced by the gongs to wash over you.

The gongs have the power to transform on the physical, emotional, mental and even spiritual level. Simply lie back, close your eyes and experience the power of these magical instruments.

All you need to bring is something comfortable to lie on, a couple of pillows and a blanket.

(For further information about what to expect at the gong bath or to book a place please contact Jonathan Farnworth (Gong Practitioner) on 07999 714343 or by email at jpdfarnworth@btinternet.com. Spaces limited. Please arrive in good time for the gong bath to start at 7pm)