



MONTHLY GONG / SOUND BATH EPPING

Held at Epping Hall, St John's Road, Epping, Essex CM16 5JU

8 pm to 9:15 pm. Please arrive for 7:45 pm, last entry 7:55 pm

Come and enjoy the healing sound vibrations of the Gong in an hour long sonic meditation session. The sounds of the gong allow you to embark on a mystical, deeply meditative journey. Participants lie on a blanket or yoga mat and are bathed in the powerful and transformative sounds. Please bring something to lie on (mat/blanket), a blanket to cover you and a pillow or cushion. The effect is immensely relaxing and healing on all levels. The gong meditation with time to come to afterwards is an hour. The cost for the group sound bath will be £15 a head. Numbers are restricted therefore it is essential to book tickets and pay in advance of the day by bank transfer, or Pay-Pal invoice. Please indicate how you wish to pay when reserving your space.

Contact Sarah Gregg at Sacred Sound Inspirations Tel: 01279 600104

Email: info@reikidrum.co.uk

All monthly sound / gong bath dates are posted on the Events Page of the Reiki Drum website. www.reikidrum.co.uk

Scheduled Dates for 2016 are the second Wednesday of the month are as follows:

March 9th	September 14th
April 13th	October 12th
May 11th	November 9th
June 8th	December 14th
July 27th ***	

*** July date is fourth Wednesday