

Meditation and Sound Bath Wellbeing Events Four Part Series

BE CALM
MEDITATION & SOUNDBATH



MINDFULNESS MIDHURST
BEST ESSENTIAL SOUNDS

Location:

The wellbeing events will take place in the Old Library, Knockhundred Row, Midhurst, GU29 9DQ. Parking available at the Grange and 'North Street' car parks.

Dates and times:

15 September, 13 October, 10 November, 8 December
6-7.45pm. Please arrive just before 6pm so we can start on time at 6pm.

What to wear/bring:

Please wear loose-fitting comfortable clothing. The venue is heated but please bring two shawls or blankets (one to lie on, on top of the yoga mat and one on top of you, during the sound bath). You may wish to bring a bottle of water or a hot drink in a thermos flask. If you are lightheaded, make sure you have a light dinner or snack beforehand.

Fee: The wellbeing event fee includes four monthly sessions of mindfulness and sound baths, and some recordings of mindfulness practices. Kindly pay in advance to secure your place. We strongly encourage to attend the four sessions as they offer a progression. Payments can be made by **bank transfer (£90)** to: **Sandrine Cranswick, Lloyds Bank, SC: 30-96-61, Acc N: 26181360** or **via PayPal (£92)** on the online booking calendar (click on the date, 'Book appointment', enter your name and choose from the list of courses: "Be Calm Events")
<http://www.mindfulness-midhurst.co.uk/booking/>

Cancelations: The number of participants is limited; we would appreciate plenty of notice should you wish to cancel. For cancelations between 1st and 13 September, we would only give a refund, if we could find someone to take your space. Fees are non-refundable from 13 September 6pm.

Booking: To book your place, kindly fill out the booking form and email it back to us. We look forward to sharing this journey with you. Please don't hesitate to contact us if you have any questions.

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