

STARTS
FRIDAY
4th
Feb

Sound Bowl

Meditation GROUP

This Sound Bowl Meditation group offers you all the benefits of meditation using the soothing sound of crystal sound bowls. The different tones of the bowls connect you to your body helping to produce a deeply peaceful state, and brings greater clarity to the mind. Sound Bowl Meditation will support you to feel calm and connected by increasing access to the parasympathetic nervous system, reducing stress and anxiety

- ▶ Held weekly on **Fridays** from **10.30am to 11.30am** on an ongoing basis. Bookings essential, no cost to participate

Facilitated by Allie Connelly

For bookings or more information, please call (03) 5485 5800



Echuca Regional Health

WELLBEING & PRIMARY
MENTAL HEALTH DEPARTMENT