



*Supporting Families  
in our Community*

# TIME4YOU... MIND, BODY, SOUL SOUND BATH EXPERIENCE



A sound bath is an immersive meditation where you are bathed in soothing sound waves produced by various instruments.

This helps to relax and rejuvenate the senses to harmonise mind, body and soul.

**Wed 26th February 2025**  
**12.30 - 2.30pm**  
**Beech Community Hub**  
**8 Austen Road, SS14 3RZ**



We have 3 ways to book:  
[CLICK HERE](#) to book via Eventbrite!  
Call/Text/Whatsapp  
**07923 426502**  
Email - [basildonp4p@outlook.com](mailto:basildonp4p@outlook.com)

