



## **Monthly Music, Meditation, Gong Bath**

first **Sun** eve of each month  
**(Oct 6th)** 7-9 pm Shared Yogi Tea afterwards.  
pre-booking £8, £12 drop in!

**The Calthorpe Project**  
**258-274 Grays Inn Rd**  
**Kings Cross**  
**WC1**

Through music, mantra, Gong and meditation the body and mind begin to calm and rejuvenate, taking the listener into a deeply healing place. Through listening and participating one experiences kinesthetic sensation, vibrating sound washes over and penetrates thought structure dissolving it. It gives the power to move through blocks. Integrative sound stimulates energy centres, releasing and clearing old patterns and moving vital energy

We will prepare the body for deep relaxation as the participant goes on a sound current journey

Bookings Siri Sadhana Kaur  
[sirisadhana@hotmail.com](mailto:sirisadhana@hotmail.com)  
07985439657  
[www.sirisadhana.com](http://www.sirisadhana.com)