



SOUND MEDITATION AND MINDFULNESS SESSIONS
IN PARTNERSHIP WITH LAKEFIELD CARE

MAY 28TH

1pm-2pm

\$10 entry (Cash only) . John Oxley Reserve Hall.
Murrumba Downs.

**RELAX AND UNWIND WITH THE SOUNDS
OF PURE TONED SOUND BOWLS**

If you're in need of some unwind time, relaxation, come
along to our sound therapy session with Professional
Musician and creative expression coach, Erin.

For more info contact Kirsten -
kirsten@lakefieldcare.com.au

BOOKINGS ESSENTIAL! LIMITED SPOTS