

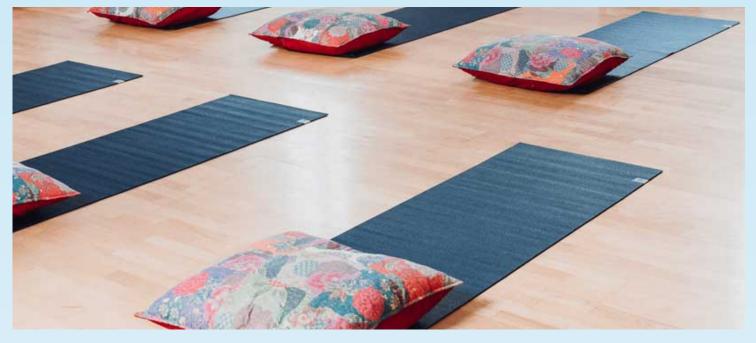
Free wellbeing sessions for health and care staff

Sound relaxation 1hr sound relaxation session

FREE wellbeing events for staff who work in the NHS, local government, primary care, independent care providers, the third sector or education settings in Leeds.

If you find switching off or being able to 'fully' relax difficult, this could be something to try. Join us for an event of complete self-nurturing; a sound relaxation using frame drum, ocean drum, Himalayan singing bowls, crystal bowls, gongs and various percussion instruments.

Get comfortable and warm on your mat (provided); bring enough layers, a blanket and a pillow, whatever you need to lie down for about 50 minutes. Close your eyes and relax whilst the gentle vibrations of sound wash over you, immersing you in positive energy.





Prior booking for each individual session essential.

For further details please scan, or visit **Leedsrecoverycollege.com**. To book please email, via your work email address: **Leedsrecoverycollege.lypft@nhs.net** or call 0113 855 5172.

Monthly sound relaxation sessions held throughout 2024.



