

**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](https://www.leedsrecoverycollege.com).

To book please email, via your work email address:

[Leedsrecoverycollege.lypft@nhs.net](mailto:Leedsrecoverycollege.lypft@nhs.net) or call 0113 855 5172.

*Monthly sound relaxation sessions held throughout 2024.*

SCAN ME

