



Congleton Iyengar Yoga Centre

FRIDAY 19th JULY

2 Healing Sound Gong Spas



6:15pm & 8pm Cost £18



Martyn Cawthorne
Gong Practitioner – Sound Healer
www.gongspa.co.uk

A Gong Spa, or Gong Bath can be.....

- A moment in your life that is yours and yours alone
- An entirely unique, physical experience of sound and vibration in your whole body
- An incomparable, personal journey that is beyond words or description
- A timeless space in which physical, mental, emotional and spiritual blockages are worked upon
- An invitation to open up and remember who you are, here and now
- An opportunity to just 'be'

Wear warm comfy clothes. Mats and blankets etc will be provided.

To book online: <https://bookwhen.com/congletoniyengaryoga>

call: 07736 777752 email: enquiries@congletonyogacentre.com

CIYC, Century Mill, Worrall Street, Congleton, Cheshire CW12 1DT