



## **IMAGERY AND MUSIC– a guided relaxation**

Guided by Music Therapist, Sally Banks

Feeling like you need some space and time for yourself? Come along for a time of deep relaxation, listening to classical music, and being in touch with your inner self. Wear loose clothing, bring a pillow and rug.

Friday 18<sup>th</sup> May or Tuesday 5<sup>th</sup> June

7.30-9.00pm

Cost \$ 20

**COME JOIN US!!**

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