

The Sound Healing Group for Women



It gives you a full-body listening experience, that is safe, relaxing and powerful. The session takes place in our Earth room on the ground floor overlooking the therapeutic garden.

About this Activity

Join us for sound & music healing sessions that nurture your mind and body through vibration.

In this new group with Sze Ho.

What to wear:


You will lie or sit down in a comfortable position when you experience the sound bath. Please wear comfortable clothes.

What to Bring:

 Date

Every Thursday

**Thu,
2nd Nov
2023**

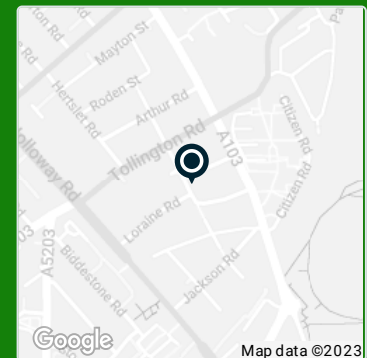
 1:30am - 2:30am

 Price

Free

 In-Person

**Stress Project Therapy
Centre
2 Shelburne Road,
London
N7 6DL**



Please bring your own water bottle, blanket, cushion/pillow, an eye mask, and anything to help you feel comfortable and safe during our sound journey.

Accessibility Information

- 2 Shelburne Road, Islington, London N7 6DL Stress Project Therapy centre is a corner building and the front door is in Annette Road. The entrance to the class is through the garden gate. The gate is open at 1.15pm. Please arrive before the class starts promptly at 1.30pm, no late comers will be admitted after this time. The ground floor has partial wheelchair adaptation. Tubes Holloway Road, Finsbury Park, Highbury & Islington Trains Drayton Park, Finsbury Park, Highbury & Islington Buses 17, 29, 43, 91, 153, 253, 254, 271, 393. Parking restricted Monday to Friday 8.30am-6.30pm & Saturday 8.30am-1.30pm. (additional restrictions when Arsenal are playing a home match: Monday to Friday 6.30pm-8.30pm, Saturday 1.30pm-4.30pm, Sundays and Bank holidays noon-4.30pm. see www.arsenal.com). One hour free parking on Holloway Road in bays. Two hour free parking in Waitrose car park for customers. Two hour pay and display parking bays on Loraine Road and Hornsey Road. All day pay parking at Sobell Centre, entrance on Hornsey Road opposite Arthur Road.

