



# Sound Bowl Meditation



If you feel stressed, want to let go of emotional or physical pain, or simply catch yourself overthinking during meditation, then a sound healing and guided meditation may facilitate the perfect escape and time-out you deserve.


While relaxing to the sound of crystal singing bowls, you will feel your body absorb and respond to the vibration and tones of each sound. Come and feel your stress melt away.

**Monday 6 May, 1.00pm - 2.00pm**  
**Armadale Library**

All ages are welcome.

Places are limited and bookings are essential.  
Visit [library.armadale.wa.gov.au](http://library.armadale.wa.gov.au) or call **9394 5125**.

**Note:** Please wear loose comfortable clothing and bring your own yoga mat.

 [library.armadale.wa.gov.au](http://library.armadale.wa.gov.au)  
Armadale Library | (08) 9394 5125  
Kelmescott Library | (08) 9394 5810  
Seville Grove Library | (08) 9394 5800

