



Sunday 6th April | 4:30 – 5:30 PM

Bushmead Community Hub, Luton LU2 7SF Free Parking

✦ **Bring a friend & get 10% off all tickets!** ✦

**DEEP RELAXATION – MENTAL CLARITY
HEALING & BALANCE – BETTER SLEEP**

£15

Experience the relaxing power of Sound Bowls

Studies show that vibrations can help lower cortisol levels, promote a sense of calm, and reduce stress.

*Please bring a
pillow, mat & blanket
(some mats can be
reserved in advance)*

**DM @dca_wellbeing_dance FB or IG
email – info@dcaltd.co.uk**