

# COMING SOON

EVENING TUESDAYS

MEDITATIONS:

Experience power of

**SOUND BATH with CRYSTAL BOWLS**

- start **Tuesday 11th January**  
**@ 7.30 pm**
- in Zen space, Midleton  
(near Monty' s coffee :)

Sign up for 4 weeks @ €80



- **book your seat : Michaela 089 235 0 225**  
**or email me [info@healingblessingguides.com](mailto:info@healingblessingguides.com)**