

# Sound Therapy

## with Fredrik

Tuesdays at The Storey, LA1 5QB

7 pm to 8 pm

*Suggested donations start at 50p*



Simply come along and immerse yourself in the experience. All that is required of you is to find a comfortable spot, sit back, and follow a gentle guidance.

Led by Fredrik Holm, a seasoned musician and composer who has been facilitating Sound Awareness courses for over 15 years.

Please let Fredrik know your attendance email to [fredrik.intune@gmail.com](mailto:fredrik.intune@gmail.com) or text 07780 623855

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