

Hello Autumn!

*Are you feeling
stressed-out?
Anxious?
Are you looking
for a space to
take a deep
breath and
unwind?*

*Join me for a
weekly
Soundbath
and meditation.*

*Reset and
recharge.*



agk3
breath sound hands



Where:
Heath Church Halifax
HX3 0DW
(Entry through Manor
Drive door)

When?
Tuesdays 10am
w/c September 9th

Cost: £6
hello@agk3.uk to book

Bring:
A yoga mat
a pillow/cushion
and
a drink of water.

**See
you there!**