

Stillness Lodge invites you to a

# *Soundbath Meditation*

with Carmen Warrington

**Sunday 19th June, 11am**

at Stillness Lodge  
131 George Street, Bet Bet

Admission \$40  
Bookings \$20 deposit to hold place

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Give yourself a break from the dense, grating and heavy vibrations of the modern world. You will experience the most exquisite relaxation, as you release stress and recover a sense of peace and wellbeing in body and soul.

Out of the silence, gentle bells begin. The day-to-day world fades as the hauntingly beautiful music of the singing bowls and chimes washes over your body and mind. Soft words gently drift in and out of the soundscape - spoken directly to your soul. The delicate sounds swirl around you, over you and through you as you become fully immersed in peace.

After the soundbath ends you lie there in the beautiful stillness, basking in your experience, until you are ready to return to the everyday world.

We invite you to bring rugs and cushions, to fully relax into the ultra-soothing sounds of singing bowls and voice.

Carmen Warrington is an author, singer, actress, civil celebrant and meditation guide.

The ABC recently commissioned her to record 4 guided meditation CDs.

To find out more about Carmen please visit [www.calmandcreative.com.au](http://www.calmandcreative.com.au)



"I've never felt such deep peace, and mental clarity. Suddenly, I can see all the steps I need to take to get me through next week's challenges."

*Barry Donaldson, Sales Manager*

"There were waves of energy going through me. I felt the sound working to release physical blocks in various parts of my body."

*Eduardo Diaz, Pranic Healer*