

Chelmsford Spiritualist Society Ltd

Alchemy Crystal Singing Bowls

With Lynda Rose

Saturday 27th June '26 10.30am – 1.15pm
£10



“Not suitable for anyone in early stages of pregnancy, or anyone with a pacemaker”

Lynda will guide you through a short meditation, then gently moving you into the unique sounds of her amazing collection of beautiful and powerful alchemy crystal singing bowls and Koshi chimes. Physical and emotional benefits are it reduces stress & anxiety; aids sleep and promotes healing. Please bring a yoga mat or a comfy chair, blanket and pillow.

To book, email Chelmsfordssltd@gmail.com

Full payment required on booking
(Non-refundable)