

Drumming and Mantra

Thurs 2pm and third Mon of each month at 7.30pm

Join us at The Hub, share some uplifting and powerful group drumming and learn some beautiful Mantras.

No musical or singing ability is required- just come along with an open mind and let the sounds, vibrations and words wash over you bringing peace, calm, healing and joy.

Everyone is welcome.

Cost £5 Thursday afternoon, £6 evening group

Contact Liz for further details- 07931 534474.

