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A St Albans church is to hold an immersive sound bath experience to raise money for a homeless charity.

The candlelit event, at St Saviour's Church, will offer a relaxing environment featuring overlapping sounds of wind and percussive instruments. This form of meditation is thought to deepen the mind and relax both thoughts and muscles.

The fundraiser, on behalf of Shelter, is being hosted by local gong practitioner Mark Owen-Ward

(pictured) on Wednesday November 6, and up to 100 people will be able to attend.

Trained under James Crossley, formerly 'Hunter' from the hit TV show Gladiators, Mark currently runs regular sound baths around the region.

He explained: "Sound baths are a wonderfully simple way of releasing tension and promoting well-being, all a participant has to do is lie back and enjoy the incredible healing power of sound."

Sound baths have seen a great rise in popularity over the last few years, with celebrities such as Fearne Cotton and Robert Downey Junior putting them at the forefront of their well-being regimes.

The experience starts at 6.15pm and lasts until 8pm. Tickets cost £20 per person (plus a processing charge.) and are available from www.linktr.ee/markowenward



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