

Warrandyte Music presents  
an Evening of sublime Peace and Wellbeing

# Soundbath

with  
**David Jones and Carmen Warrington**



## Saturday October 28th 7.30pm

Doors open 7pm.

**Warrandyte Mechanics Hall**  
Cnr Yarra St & Mitchell Ave. Warrandyte

Imagine yourself lying in comfortable clothes, relaxed and ready for your Soundbath. Out of the silence, gentle bells begin. You're feeling quite peaceful now and the day-to-day world fades as the sounds of Nature trickle into your awareness, followed by gentle tinkling bells. The ethereal music of singing bowls begins to wash over your body and mind. The delicate sound seems to rise out of nowhere and swirl around you, over you and through you as you become fully immersed in the "Soundbath". Layer upon layer of music from Tibetan bowls (with their rich harmonic overtones), sweet-sounding Japanese bowls, the otherworldly hum and vibration of quartz crystal singing bowls, the deep reverberance of Chinese gongs, the hypnotic strings of an Indian drone, interspersed with a serene and calming voice.

*This and more you will experience during the blissful 70 minute Soundbath presented by Master drummer/percussionist David Jones and experienced guided meditation facilitator Carmen Warrington.*

*You may sit or lie down during the evening. If you wish to lie please bring a mat, blanket and/or cushion with you.*



**Carmen Warrington** (BA, DipDA) is a best-selling author, recording artist and civil celebrant.

**David Jones** is an award-winning drummer/percussionist and composer, and is an Honorary Fellow at the Victorian College of the Arts. Carmen and David are life-partners who have shared a meditation / vegetarian lifestyle for 23 years. Both are meditation practitioners since 1984. In 2008 the ABC commissioned them to write and record the "Meditations for Life" series of 8 guided meditation CDs. They've been facilitating Soundbaths together since 2003. They play the instruments in a state of karma yoga, or meditation-in-action.

For more information visit:<http://carmenwarrington.com/soundbath-2/>

**Bookings: please call 0401 167 223, [warrandytemusic@gmail.com](mailto:warrandytemusic@gmail.com)**

**Tickets:** Full \$30, Conc. \$20, Child/Youth \$15 (10+), Family \$80

Please note that due to the subtle sounds and relaxation of this evening we ask that children be 10 years and over to attend.

Our cafe will be open on the evening for refreshments from 7pm.