

minds and heal the body ... so we had to go and give it a try

# BE WASHED IN SOUND'?



● Martyn Cawthorne gives Amy Glendinning the Gong Spa treatment



session - despite her busy lifestyle

## I felt so relaxed I could have crawled into bed and slept

I'M the kind of person who relaxes by 'doing', usually going out running or swimming, so I struggle to just be still and let my mind stop racing.

Lying down with your eyes closed while someone plays instruments around you feels pretty weird.

In the end I settle for just listening to the gongs and appreciating what cool sounds they make.

The sound is very textural and for some reason makes me think of the pictures of Saturn from the satellite Cassini

- maybe it's because earlier Martyn had mentioned people saying it sounded like the 'original sound'.

I don't have the full hour's treatment - closer to 20 minutes - but that is enough for me to see how you can get quite absorbed listening to the different sounds the instruments make.

Towards the end I do feel like my mind is slowing down a bit from whirling through my day

at work and massive to-do list.

I don't know if it's just that I've been lying down or the gongs really do have healing properties, but by the end I do feel incredibly relaxed.

If I hadn't had stuff to do I could easily have gone straight home and crawled into bed to fall asleep - perhaps it's a good treatment for insomniacs!

AMY GLENDINNING

SEE VIDEO OF AMY'S GONG BATH:  
manchestereveningnews.co.uk

## Motorcyclist escapes with minor injuries after crash

A MOTORCYCLIST was taken to hospital with injuries after a collision with a private hire cab.

Police said the private hire driver was performing a U-turn on a busy town centre road and didn't see the biker approaching.

The bike, which had learner plates attached to the registration plate, is understood to have hit the side of the taxi.

It came to rest lying on the road.

The crash happened at around 6.41am on Tuesday at Long Street's junction with Mellalieu Street and New Lane in Middleton, close to the town centre.

Police said the man on the bike was taken to hospital for checks, but wasn't believed to be seriously

injured. No other injuries were reported.

Long Street was closed



● The motorbike in the road at Long Street, Middleton, following the accident

in both directions for police investigations to be carried out.

Buses were diverted around the area before the road reopened around 90 minutes later.

Greater Manchester Police's traffic unit tweeted a photograph of the scene of the accident and confirmed that the rider's injuries weren't thought to be serious.

However, a spokesman issued a warning to motorcyclists about the importance of wearing appropriate clothing, saying the rider involved in this incident was only wearing jogging bottoms and a sweatshirt.

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