

Enjoy some upbeat, uplifting music at the Spitz in Old Spitalfields Market, East London.

Be amazed at the spangly dangly decor by Fabricate, become part of the scenery with interactive visuals by Igloo, be mesmerised by binglybongly images, try some live percussion or just have a holistic massage. You might like it...

**binglybongly** music is a broad categorisation of music based on the principle that all music influences us positively or negatively. binglybongly productions specializes in music that can alter your mood in a positive way, which can help you to handle the stresses of everyday living.

binglybonglynessness happens every month at **the Spitz**, 109 Commercial Street, Old Spitalfields Market London E1 6BG  
Nearest tubes: Liverpool Street or Aldgate East



To receive news on events, releases and other stuff as it happens, visit our web site and join the mailing list.



[www.binglybongly.net](http://www.binglybongly.net)

## elemental magic

The perfect soundtrack for your Sunday. We've got music to really tickle your pickle.

Bright sparks on decks will be Abbi, James Wilmot, DJ Wise and Hairebunny spinning percussive, upbeat tunes to make you grin from ear to ear !

Audio alchemy that's guaranteed to lift your spirits...



**Sunday 20th October**  
**4pm to 10.30pm**

admission £3.00 or £2.50 with binglybongly badge

A little taste of things to come from our debut compilation album set for an Autumn release on the binglybongly music label.