

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

Relax in magical surroundings by Fabricate, interact with hypnotic 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)

## perpetual motion

We're keeping the rhythms rolling with this fourth binglybongly bash. Let the music wash over you, catch the pulsating basslines and percussive beats while you mingle with the friendly crowd - a great way to energise your Sunday!

Featuring Antnee, Dave Jewell, Vicks and Captain Fang laying down smooth & uplifting tunes to make ya shake watcha mama gave ya. I see you baby...



**Sunday 15th September**  
**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.