

HEAL WITH SOUNDS

FULL MOON

GONG BATH MEDITATION

with

Fawntice Finesse

Certified Sound Therapist & C-IAYT Yoga Therapist

Happy St. Patrick's Day!

Fawntice leads our St. Patty's full moon energy sound healing with her special signature gong bath. Experience the powerful vibrations of multiple gongs, as you clear energetic blockages, allowing space to express the light in your heart.

As part of the sound healing, each attendee will have the opportunity to play a gong, sending your private, personal, and positive intention to ripple on the sound waves out into the world.

For optimal comfort, wear your socks, bring your mat, a pillow, blanket, water, and eye pillow if you'd like.



MARCH 17

Sunday

4:00- 5:30 PM

\$35 for public

\$30 for members



Shaanti Yoga

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