

YIN & GONG

With Raja Michelle & Fawntice Finesse

JAN
21

SATURDAY

4:00 - 5:30 PM

Green Tree Yoga & Meditation Foundation

Join Raja & Fawntice in this magical offering of yoga & sound.



Raja Michelle, E-RYT



Fawntice Finesse, E-RYT & Certified Sound Healer

Enjoy an afternoon of deep stretch and deep sound vibration. We will move through Yin and Restorative shapes while being supported & unwound with the comfort of yoga props and the powerful, therapeutic, & mindfully played sound of the Gong.

\$20 minimum donation

limited to 25 participants

Must sign up in advance on [eventbrite.com](https://www.eventbrite.com) (search yin & gong) or at www.greentreeyogameditation.org under "workshops."

