

HEAL WITH SOUNDS sound bath at **YOU & THE MAT**
Orange County

with **Fawntice Finesse**

certified sound & yoga therapist



Fawntice leads a sound bath meditation to clear energetic blockages & nurture your heart & spirit. Experience letting go of what does not serve, allowing space to express your authentic renewed self. This group sound healing experience includes antique Tibetan Singing Bowls, bells, & the Paiste gong. Bring your water bottle, pillow, blanket, something to cover your eyes, or anything you'd like to cozy up & relax with.

Fri • May 20 • 6:45 PM

\$35, \$25 for members

www.youandthemat.com • (949) 716-9910 • 23811 Aliso Creek Rd, Unit 100 • Laguna Niguel, CA 92677



**YOU
&
THE
MAT.**