

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

with **Fawntice Finesse**

certified sound & yoga therapist



Summer is coming! Fawntice leads a sound bath meditation to celebrate the changing season. Clear energetic blockages & uplift your heart & spirit. Let 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, and this month, Fawntice's flute! Bring your water bottle, pillow, blanket, something to cover your eyes, or anything you'd like to cozy up & relax with.

Fri • June 17 • 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.