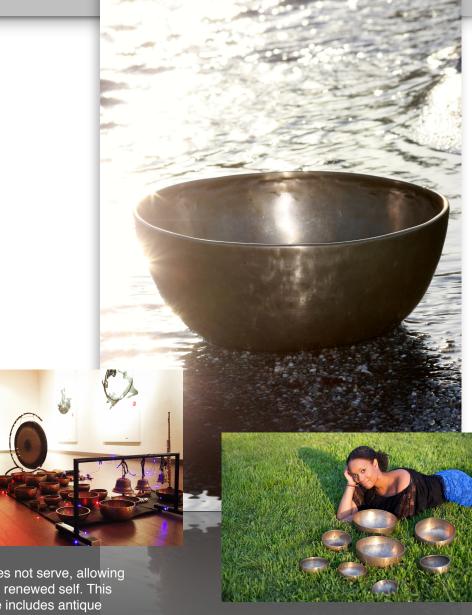
## HEAL WITH SOUNDS sound bath at YOU & THE MAT Orange County

## 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