

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

with **Fawntice Finesse**

certified sound & yoga therapist



It's our **1 Year Sound Healing Anniversary** with Fawntice at You And The Mat! Come share the joy and good vibrations with the magical antique Tibetan singing bowls, gong, chimes, & sacred bells. Clear energetic blockages, allowing space to express your authentic joyful heart. To celebrate this festive month, everyone takes home a surprise Heal With Sounds gift.



Fri • Dec 16 • 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.**