

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

with **Fawntice Finesse**

certified sound & yoga therapist



It's a Full Moon, Lunar Eclipse sound bath! Release energetic blockages, and allow the light in your heart to light up the moon again as Fawntice leads your transformation with sound. This month's cosmic sound bath includes the Tibetan singing bowls, Paiste gong, and sacred bells.

**Fri • Sep 16 • 6:45 PM**

**\$35, \$25 for members**



**YOU  
&  
THE  
MAT.**

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