



Mindfulness Meditation with Sound

with

Fawntice Finesse

Certified Sound & Yoga Therapist

NOVEMBER

19

Saturday

10:30 AM



We invite you for this special hour of seated mindfulness meditation practice guided by the deep and beautiful sounds of Fawntice Finesse and her sacred instruments.

Register online at www.InsightLA.org or call 310-450-1821

InsightLA • 1430 Olympic Blvd • Santa Monica, CA 90404