



# Mindfulness Meditation with Sound

with

## Fawntice Finesse

Certified Sound & Yoga Therapist

APRIL

30

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](http://www.InsightLA.org) or call 310-450-1821

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