

# YIN & GONG

With Raja Michelle & Fawntice Finesse

MAR  
9

FRIDAY

7:00 - 8:30 PM

## Green Tree Yoga & Meditation Foundation

Join Raja & Fawntice in this magical offering of yoga & sound.



Raja Michelle, E-RYT



Fawntice Finesse, E-RYT & Certified Sound Healer

Enjoy an evening of deep stretch and deep sound vibration. We will move through very gentle Yin Yoga and Restorative Yoga shapes while being supported & unwound with the comfort of yoga props and the powerfully therapeutic resonance of the Sacred Gongs.

\$25 suggested donation

Sign up in advance at [www.greentreeyogameditation.org](http://www.greentreeyogameditation.org) under "workshops."

