

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

with **Fawntice Finesse**

certified sound & yoga therapist



Fawntice leads a sound bath meditation to clear energetic blockages and welcome the new year. Experience letting go of what does not serve, allowing space to express your authentic renewed self. This group sound healing experience includes antique Tibetan Singing Bowls, gong, and bells.

Fri • Jan 15 • 6:45 PM

\$35, \$25 for members



**YOU
&
THE
MAT.**

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