

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

with **Fawntice Finesse**

certified sound & yoga therapist



It's a New Moon Sound Bath, a great time to set positive intentions with the power of sacred sound. Clear energetic blockages, allowing space to express the light in your heart. This group sound healing experience led by professional musician, certified sound healer, and yoga teacher Fawntice Finesse, includes antique Tibetan Singing Bowls, sacred bells, & the Paiste gong.

Fri • Sep 30 • 7:00 PM

\$35, \$25 for members



**YOU
&
THE
MAT.**

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