

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

with **Fawntice Finesse**

certified sound & yoga therapist



Fawntice leads a sound bath meditation to put the Spring back in your step. A Spring cleaning for the season's change, experience clearing energetic blockages so your authentic, renewed self can blossom. This group sound healing experience includes antique Tibetan Singing Bowls, bells, & Paiste gongs.

Fri • Mar 18 • 7:00 PM

\$35, \$25 for members

www.youandthemat.com • (949) 716-9910 • 23811 Aliso Creek Rd, Unit 100 • Laguna Niguel, CA 92677



**YOU
&
THE
MAT.**