

WINTER SOLSTICE Sound Healing

with Fawntice Finesse

certified sound & yoga therapist



FRI • DEC 23 • 7PM-8:30PM

\$20 suggested donation

❄️ **Experience True Winter Wonderland Holiday Magic** ❄️

Lay back on your mat and feel the tension melt away as you are guided through a relaxation meditation with the magical antique Tibetan singing bowls. Clear energetic blockages and open your heart to the powerful & transformative sound vibrations of the gong. Afterwards we'll toast our joy filled hearts together with apple cider.

Green Tree Yoga & Meditation Foundation

8227 S. Western Ave. • Los Angeles, CA 90047 • www.gtym.org • (310) 710-0744

