

Restorative Yoga & Sacred Sound

With MFA, Certified Sound Healer, E-RYT500, C-IAYT, & Certified Relax & Renew® Restorative Yoga Trainer

Fawntice Finesse



Feel the tension melt away as you are hugged by yoga props and supported in gentle restorative yoga poses, while simultaneously bathed in therapeutic sound frequencies to enhance your calm mind and fully relaxed body.

Rest deeply, heal insightfully, and restore peacefully with this profound practice.



SATURDAY

NOVEMBER 18th 3-5PM

\$25 SUGGESTED DONATION

Props are supplied. Bring your eye pillow or something to cover your eyes if you'd like.

A pioneer in the Restorative Yoga integration with Sound Healing since 2008, Fawntice has been studying and practicing restorative yoga for over 15 years. She attributes her love, gratitude, and creative sequencing of the practice to the inspiration of B.K.S. Iyengar, her restorative yoga teachers - Annie Carpenter, Chris Stein, and Judith Hanson Lasater, and especially her own mind, body, and spirit healing process from the life gifts of trauma, stress, and activism. Fawntice currently teaches restorative yoga classes and privates in Los Angeles and Orange County, is a Certified Yoga Therapist with the International Association Of Yoga Therapists (IAYT) and is a distinguished private and group Certified Sound Therapist.



Green Tree Yoga & Meditation

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