

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

with **Fawntice Finesse**

certified sound & yoga therapist



Fawntice leads a sound bath meditation to melt away anxiety and tension during this holiday season. Experience letting go of what does not serve, allowing space to express your authentic joyful self. This group sound healing experience includes antique Tibetan Singing Bowls, gong, bells, and flute.

**Fri • Dec 18 • 6:45 PM**

\$35, \$25 for members



**YOU  
&  
THE  
MAT.**

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