

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

with **Fawntice Finesse**

certified sound & yoga therapist



It's **Earth Day**, a time to remember & honor our connection to our home and all its inhabitants.

This month, Fawntice leads our grounding & rooting, Earth connection meditation with a focus on breath & visualization, and with the aid of her magical antique Tibetan Singing Bowls, bells, & Paiste gongs.

Fri • Apr 22 • 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.**