# SINGING BOWL WORKSHOP

YOU & THE MAT Orange County

### with Fawntice Finesse

Certified Sound Healer & Yoga Therapist



### WE WILL HAVE FUN WITH THE BOWLS!

Learn about & practice **hands on**, the different ways to play metal and crystal singing bowls, including how to incorporate them into your daily life.

#### SING YOUR BOWL MEDITATION

Taking what you've learned we'll create magical sounds together, sending the good music vibrations out into the Universe, benefiting all its inhabitants.



We will close with a **REJUVENATING GONG BATH offered by Fawntice.** 

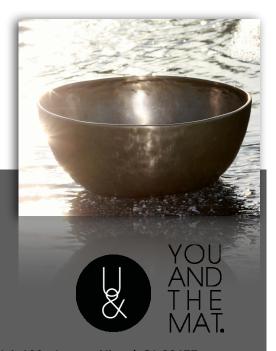
This workshop is suitable for beginners.

Bring your own bowl & mallet, or a loaner bowl will be provided for you. All are welcome.

## **SUN • OCT 2 • 2-4 PM**

\$75, \$65 for members

(Sign up in advance. Enrollment is limited to 20 participants.)



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