

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.)



YOU
AND
THE
MAT.

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