



HEAL WITH SOUNDS

GONG BATH Meditation

with **Fawntice Finesse**
Certified Sound & Yoga Therapist

SATURDAY • APR 29 • 1:00 - 2:15 PM

Carpet Studio

\$25 for members, \$35 for guests

reserve your space with the activities desk

Oakwood Athletic Club welcomes back Certified Sound Healer Fawntice Finesse.

Fawntice leads this month's sound healing experience with her special signature Gong Bath. Experience the powerful vibrations of three gongs aiding in clearing energetic blockages, allowing space to express the light in your heart. As a part of our sound healing each attendee will have the opportunity to play a gong, sending your private, personal, and positive intention to ripple on the sound waves out into the world.

Benefits may include: deep rest, stress relief, a release of energetic physical & mental blockages, pain relief, clarity & insight, higher states of consciousness, overall wellness, and much more. The benefits of the gong bath last beyond the time with the instruments.

Bring your mat, water bottle, pillow, blanket, eye pillow or something to cover your eyes, or anything you like to cozy up and feel comfortable with.

For more information about sound healing, explore Fawntice's website: healwithsounds.com

