



HEAL WITH SOUNDS: New Moon Energy Sound Bath

with Professional Musician, Certified Sound Healer, & Yoga Therapist

Fawntice Finesse

OCT 20

FRI

6:45 PM

\$35

pre-registration only



The new moon and the days before and after are powerful times to wipe the slate clean and begin again when we feel the desire, to reflect on focused intentions leading towards manifestations, and to experience the healing vibrations of sacred sound.

Fawntice leads this month's new moon energy sound healing with her special signature sound bath.

Relax on your mat and allow the vibrations of the antique Tibetan singing bowls, gong, and other sacred instruments to take you into a deep meditative state.

Bring your mat, pillow, blanket, water, and something to cover your eyes. Lay back comfortably & cozily and enjoy.

Benefits of Sound Healing

Sound and music have been regarded as healing and medicinal tools of body, mind, and spirit across cultures and from the beginning of time, playing an important role in individual and social wellness. Modern science has proven that the body's nervous system responds to healing sound vibration by inducing the relaxation response and meditative mind, as our muscles, bones, tissues, internal organs, cells and molecules are gently massaged. This greatly reduces stress, enhances wellbeing, and triggers additional successful healing transformation.



Note: Pre-registration only. Reserve your space online or by phone. No drop ins for this event.

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