



**February 22nd Saturday**  
**5:00 PM - 6:30 PM**  
**\$30 early bird / \$35 on the day of**

It is new moon weekend, a perfect time to set positive intentions with the power of sacred sound. Clear energetic blockages and put a spring in the step of your life's purpose, allowing space to express the light in your heart.

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.

During your group Sound Bath with Fawntice Finesse, the Tibetan singing bowls, bells, gong, and other sacred instruments are mindfully played, enveloping you in healing sound vibrations. Lay back comfortably & cozily and enjoy. Props are provided.

**Fawntice Finesse, M.F.A., E-RYT-500, C-IAYT, CSH**

A pioneer in the national resurgence of sound healing, and the restorative yoga and meditation integration with sound healing since 2008, Fawntice Finesse is an award winning flautist with a Master's Degree from the prestigious California Institute of the Arts, and is a certified practicing sound therapist with specialty in Himalayan singing bowls, Tibetan sacred instruments, tuning forks, and gongs

*pre-registration is required. For more information call/text (818) 405-3123*  
OR go online for more pricing options & registration at [yogarockstudios.com](http://yogarockstudios.com)  
3600 Oceanview Blvd., Ste 11, Glendale Ca 91208