

YIN & GONG

With Raja Michelle & Fawntice Finesse

AUG

27

SATURDAY

6:30 - 8:30 PM



Raja Michelle, E-RYT

Enjoy an evening of deep stretch and deep sound vibration. We will move through Yin and Restorative shapes while being supported & unwound with the comfort of yoga props and the powerful, therapeutic, & mindfully played sound of the Gong.



Fawntice Finesse, E-RYT &
Certified Sound Healer

\$40 pre-registered, or \$45 at the door
Register online at www.godayoga.com
Space is limited, pre-registration is suggested



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