

~ SOUND HEALING ~



Friday January 23rd 7:30 - 8:45 pm

\$20 pre-registration | \$25 on 1/23/2015

Relax. Renew. Restore.

Join us for a meditative Friday night workshop where your body will be supported in various restorative Yoga poses, while Certified Sound Therapist, Fawntice Finesse plays Tibetan Singing Bowls, Flute, Chimes, Paiste Gongs and Sacred Instruments to calm the mind and fully relax the body.

Sound resonances and the vibrations they create access a physiological shift followed by mental and psychological breakthroughs. Sound healing has been shown to reduce or eliminate physical pain, stress and anxiety, insomnia, fatigue and depression.



Fawntice Finesse MFA, CYT, RYT-500, CSH

Known as a healing artist, Fawntice Finesse has integrated her life loves of music and alternative and complementary healing, to work with the physical and subtle energies of the living being through music and sound therapy.

A Certified Yoga Teacher at the Yoga Alliance RYT 500 level, and a Certified Reiki Master, Fawntice specializes in Yoga Therapy in medical settings, having also received a Yoga Therapist Certification from Loyola Marymount University in 2008.