

NEW MOON CIRCLE & FIRE CEREMONY

with

Tracee Stanley



and special guest

Fawntice Finesse

certified sound healer

THURSDAY • OCTOBER 19 • 7:00 - 9:00 PM • \$25

YOGA NIDRA & SOUND HEALING

Experience the deep rest and rejuvenation of Yoga Nidra as you receive the powerful vibrations of sacred sound to clear energetic blocks and activate the light of the heart.

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

Ananda Health

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