

JUN
26

Sunday
5:30-7:00PM

FREE FROM STRESS

A RESTORATIVE YOGA,
ESSENTIAL OILS, &
SOUND HEALING EXPERIENCE



MY OM YOGA HOME

Fawntice Finesse

Certified Sound & Yoga Therapist

Certified Reiki Master

Professional Musician (MFA)

Certified Medicinal Aromatherapy Practitioner



\$40

or bring a
friend for
\$35

Certified sound & yoga therapist, and medicinal aromatherapy practitioner, Fawntice Finesse leads our pathway from June to July with Free From Stress. Through the scent and application of therapeutic grade essential oils, combined with restorative yoga, and a blissful & healing sound bath, we will explore and experience first hand the shifts of the autonomic nervous system and the lasting stress relief benefits that these healing modalities offer. Everyone takes home a free sample.

TO RESERVE YOUR SPACE SIGN UP ONLINE AT
mvomvoqahome.com/workshops-events or call (714) 421-0865