



HEAL WITH SOUNDS:

Summer Solstice Sound Bath

with Professional Musician, Certified Sound Healer, & Yoga Therapist

Fawntice Finesse

JUN 22

FRI

6:30 PM

\$35

pre-registration only



Summer is here!
Certified Sound Healer Fawntice leads a sound bath meditation to celebrate the changing season. Clear energetic blockages & uplift your heart & spirit.

Let go of what does not serve, allowing space to express your authentic, renewed self.

This group sound healing experience includes antique Tibetan Singing Bowls, bells, gong, and this month Fawntice's flute.

Bring your mat, pillow, blanket, water, and something to cover your eyes. Lay back comfortably & cozily and enjoy.

Benefits of Sound Healing

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.



Note: Pre-registration only. Reserve your space online or by phone. No drop ins for this event.
www.studioapilates.yoga • 24849 Del Prado • Dana Point, CA 92629 • (949) 218-0233