



HEAL WITH SOUNDS: Sound Bath Meditation

with Professional Musician, Certified Sound Healer, & Yoga Therapist

Fawntice Finesse

AUG 18

FRI

6:45 PM

\$35

pre-registration only



During your group Sound Bath with Fawntice Finesse, the Tibetan singing bowls, bells, gong, and other sacred instruments are mindfully played, enveloping you in healing sound vibrations. 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