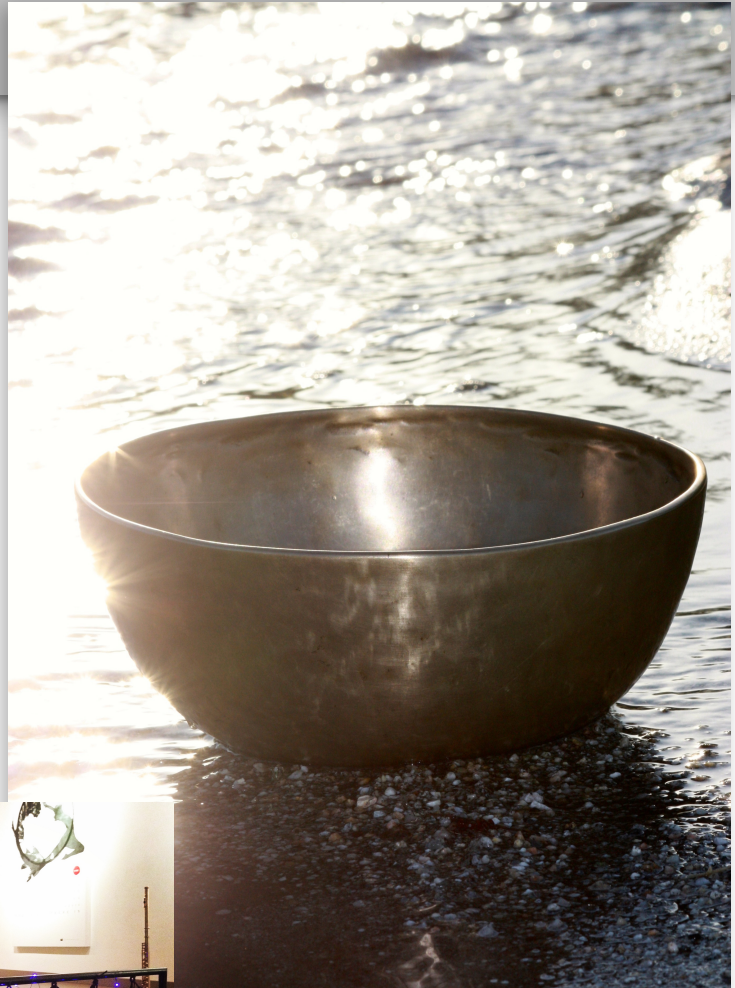


HEAL WITH SOUNDS sound bath at **YOU & THE MAT**
Orange County

with **Fawntice Finesse**

certified sound & yoga therapist



Fawntice leads a sound bath meditation to clear energetic blockages & open your heart.

Experience letting 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, & the Paiste Venus gong.

Fri • Feb 19 • 6:45 PM

\$35, \$25 for members

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