

HEAL WITH SOUNDS sound bath at YOU & THE MAT

with **Fawntice Finesse**

certified sound & yoga therapist

Orange County



It's a new moon and a new season, a wonderful time for a refreshing sound bath! Fawntice guides your sacred sound experience, putting the Spring back in your step & clearing energetic blockages. Allow your authentic, renewed self to blossom. This group sound healing experience includes the antique Tibetan singing bowls, bells, & Paiste gong.

Fri • Mar 24 • 6:45 PM

\$35, \$25 for members



YOU
& THE
MAT.