

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

with **Fawntice Finesse**

certified sound & yoga therapist



Fawntice leads a sound bath meditation so that the light of the sun playfully shines from your heart this summer. Clear energetic blockages & uplift your heart & spirit. Let go of what does not serve, allowing space to express your authentic renewed self. This month's group sound healing experience is an extended gong bath, with special appearances by a few select antique Tibetan Singing Bowls, chimes, and flute. Bring your water bottle, pillow, blanket, something to cover your eyes, or anything you'd like to cozy up & relax with.



**\$35, \$25 for members**

**Fri • Aug 19 • 6:45 PM**



**YOU  
&  
THE  
MAT.**

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