

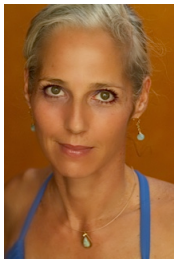
RELAX INTO THE HOLI-DAZE: FALL INTO RESTORATIVES With Restorative Yoga and Live Sound Healing

Saturday, September 21, 2013 – 5:00 – 7:00 pm

Cost: \$40.00

Fall gracefully into relaxation and softly transition to complete inner and outer peace with Restorative Yoga and Live Sound Healing.

Join **Yoga Therapist Leslie Kazadi** and **Sound Therapist Fawntice Finesse McCain** for an evening of tranquility, combining sound healing, relaxation techniques and restorative yoga that will revitalize your body, soothe your soul, calm your mind and reset your nervous system. This healing evening requires no yoga experience and will be deeply restful to every body.



Leslie Kazadi, CYT, ERYT-500 fell in love with yoga 20 years ago, inspiring her to become a yoga therapist so that she could share yoga with people with a broad range of medical conditions. Known for her creative and perceptive teaching style, Leslie sees beyond the vessel that is the body and into the intrinsic wisdom and potential of her students. She believes that empowering her students by guiding them to trust in their own wisdom enables them to expand their possibilities and to embody vitality and grace.

www.lesliekazadi.com, www.facebook.com/LeslieKazadiYogaTherapy



Fawntice Finesse McCain, MFA, CYT, RYT500

Known as a healing artist, Fawntice Finesse McCain has integrated her life loves of music and alternative and complementary healing, to work with the physical and subtle energies of the living being through music and sound therapy. A trained professional musician, sound healer, reiki

master, and yoga therapist, Fawntice accompanies top yoga instructors in their teacher trainings, retreats, workshops, and classes with music, sound healing, and sound lectures, performs and records solo and ensemble concerts, and leads guided sound healing meditations. Fawntice enjoys traveling the world with her yoga mat, iPad, alto flute especially, and Himalayan singing bowls in tow. www.facebook.com/healingwithsound