

# WINTER'S RESTORATIVE Sound Bath *with* Fawntice Finesse

certified sound & yoga therapist



## FRI • DEC 11 • 7PM-8:30PM

*\$20 suggested donation*

Just in time for the holidays, experience true winter wonderland magic. Feel the tension melt away as you are supported in gentle restorative yoga poses, while simultaneously bathed in therapeutic sound frequencies to enhance your calm mind and fully relaxed body.

*Green Tree Yoga & Meditation*

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