

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

Orange County

with **Fawntice Finesse**

certified sound & yoga therapist



It's Earth Day weekend, a time to remember, honor, and enjoy our connection to our home and all its inhabitants. Get

grounded, nurtured, and transformed by sacred sound with certified sound healer Fawntice, the antique Tibetan singing bowls, Paiste gong, and special guest Alan Hostetter and his didgeridoo.

Fri • Apr 21 • 6:45 PM

\$35, \$25 for members



**YOU
& THE
MAT.**