

HEAL WITH SOUNDS

FULL MOON

GONG BATH MEDITATION

with
Fawntice Finesse

Certified Sound Therapist & C-IAYT Yoga Therapist

**It's a Full Moon, lunar eclipse
sound bath!**

**Fawntice leads our full moon energy
sound healing with her special
signature gong bath. Experience the
powerful vibrations of multiple
gongs, as you clear energetic
blockages, allowing space to express
the light in your heart.**

**As part of the sound healing,
each attendee will have the opportunity to
play a gong, sending your private, personal,
and positive intention to ripple on the
sound waves out into the world.**

**For optimal comfort, wear your socks,
bring your mat, a pillow, blanket, water,
and eye pillow if you'd like.**



JAN 20

Sunday

4:00- 5:30 PM

\$35 for public

\$30 for members



Shaanti Yoga

26981 Vista Terrace, Suite C (upstairs) Lake Forest, CA 92630

(949) 328-1120

<https://www.shaanti.yoga>