



HEAL WITH SOUNDS: Sound Bath Meditation

with Professional Musician, Certified Sound Healer, & Certified Yoga Therapist

Fawntice Finesse

APRIL 13
FRI

6:30 PM

\$35

pre-registration only



Only when we are able to peel away the layers of superstition and mental conditioning are we able to rest in the state of our true divine essence.

Fawntice leads this month's Friday the 13th sound healing with her special signature sound bath. Relax on your mat and allow the vibrations of the antique Tibetan singing bowls, gong, and other sacred instruments to take you into a deep meditative state.

Bring your mat, pillow, blanket, water, and something to cover your eyes. Lay back comfortably & cozily and enjoy.

Benefits of Sound Healing

Sound and music have been regarded as healing and medicinal tools of body, mind, and spirit across cultures and from the beginning of time, playing an important role in individual and social wellness. Modern science has proven that the body's nervous system responds to healing sound vibration by inducing the relaxation response and meditative mind, as our muscles, bones, tissues, internal organs, cells and molecules are gently massaged. This greatly reduces stress, enhances wellbeing, and triggers additional successful healing transformation.



Note: Pre-registration only. Reserve your space online or by phone. No drop ins for this event.

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