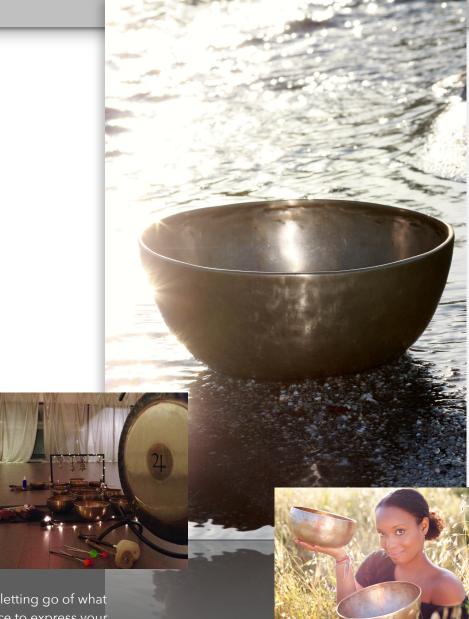
HEAL WITH SOUNDS sound bath at YOU & THE MAT Oakland

with Fawntice Finesse

certified sound & yoga therapist



Just in time for Valentine's weekend, Fawntice leads a sound bath meditation to clear energetic blockages &

open your heart. Experience letting go of what does not serve, allowing space to express your renewed loving self. This group sound healing experience includes antique Tibetan Singing Bowls, bells, & the Paiste Venus gong.

Fri • Feb 12 • 7:00 PM

\$35, \$25 for members

