

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



**YOU
&
THE
MAT.**

www.youandthemat.com • (510) 999-5797 • 3966 Piedmont Ave • Oakland, CA 94611