

HEAL WITH SOUNDS

GONG BATH MEDITATION

with
Fawntice Finesse

Certified Sound Therapist & C-IAYT Yoga Therapist

Certified Sound Healer Fawntice leads your Saturday afternoon sound healing with her 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.



SEPT 7

Saturday

4:00- 5:30 PM

\$35



Shaanti Yoga

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