



HEAL WITH SOUNDS

Sound Bath Meditation

with **Fawntice Finesse**

Certified Sound & Yoga Therapist

SATURDAY • OCT 1 • 2:00 - 3:15 PM

\$25 for members, \$35 for guests

reserve your space with the activities desk

Lay down, relax, and immerse yourself in the therapeutic sound vibrations of Antique Himalayan Singing Bowls, planetary gongs, Tibetan bells, and other sacred instruments, as certified sound healer Fawntice Finesse guides your healing sound journey to a blissfully open and relaxed state.

Benefits may include: deep rest, stress relief, a release of energetic physical & mental blockages, pain relief, clarity & insight, higher states of consciousness, overall wellness, and much more. The benefits of the sound bath last beyond the time with the instruments.

Bring your mat, water bottle, pillow, blanket, eye pillow or something to cover your eyes, or anything you like to cozy up and feel comfortable with.



For more information about sound healing, explore Fawntice's website: healwithsounds.com