

HEAL WITH SOUNDS sound bath at YOU & THE MAT

with **Fawntice Finesse**

certified sound & yoga therapist

Orange County



Join us for our May Supermoon Sound Bath. This new moon is close to the earth and it's an ideal time to reflect on positive personal intentions aided by the magic of sacred sound. Clear energetic blockages, allowing space to express your open heart. Certified Sound Healer Fawntice leads your sound bath with the powerful healing vibrations of the antique Tibetan singing bowls, gong, chimes, & sacred bells.



Fri • May 26 • 6:45 PM

\$35, \$25 for members

www.youandthemat.com • (949) 716-9910 • 23811 Aliso Creek Rd, Unit 100 • Laguna Niguel, CA 92677



YOU
& THE
MAT.