



FALL INTO RELAXATION: Autumn Equinox Sound Bath

with Professional Musician, Certified Sound Healer, & Yoga Therapist

Fawntice Finesse

SEPT 22

FRI

6:45 PM

\$35

pre-registration only



Honoring our seasonal shift, and the shifts within that accompany it, we celebrate Autumn on the day of the Equinox with the magic of sacred sound. Clear physical, emotional, and energetic blockages, letting go of what does not serve and making space to express your authentic joyful heart. Allow the antique Tibetan singing bowls, gong, ritual bells, and other sacred instruments to help you Fall into deep relaxation.

Bring your mat, pillow, blanket, water, and something to cover your eyes. Lay back comfortably & cozily and enjoy.

Benefits of Sound Healing

Sound and music have been regarded as healing and medicinal tools of body, mind, and spirit across cultures and from the beginning of time, playing an important role in individual and social wellness. Modern science has proven that the body's nervous system responds to healing sound vibration by inducing the relaxation response and meditative mind, as our muscles, bones, tissues, internal organs, cells and molecules are gently massaged. This greatly reduces stress, enhances wellbeing, and triggers additional successful healing transformation.



Note: Pre-registration only. Reserve your space online or by phone. No drop ins for this event.

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