

JAN
31

Sunday
5:30-7:00PM

OPEN HEART

AN ESSENTIAL OILS & SOUND HEALING EXPERIENCE



Carly Reeder

*My Om Yoga Home Studio Owner
Certified Yoga & Pilates Instructor
Licensed Massage Therapist*



Fawntice Finesse

*Certified Sound & Yoga Therapist
Certified Reiki Master
Professional Musician*

\$40

or bring a
friend for
\$35

As we move into February, the month of cultivating the open heart, **My Om Yoga Home** studio owner Carly Reeder teams with certified sound & yoga therapist Fawntice Finesse to lead an **Open Hearted** evening of re-establishing **trust, love, & connection** with ourselves, with others, and ultimately the Source. Reconnecting with spontaneity and playfulness, we will explore the scent and application of therapeutic grade essential oils followed by a blissful & healing sound bath, a fun yet extremely effective way to feel grounded and steady within your joyful open heart.

TO RESERVE YOUR SPACE SIGN UP ONLINE AT
myomyogahome.com/workshops-events or call (714) 421-0865

My Om Yoga Home 19051 Goldenwest St #103, Huntington Beach, CA 92648