

WITH MOLLY DAHL

YOGA NIDRA

Yogic^x Sleep



YOGA NIDRA

When: **Friday, July 13th, 5:30 – 6:45p**
and then every **2nd Friday** of the month!
Upcoming dates: **August 10, September 7,**
October 12, November 9, December 7
Where: Carson City Yoga – Carson St. Location
Donations Gratefully Accepted

VISIT US AT [HTTPS://CARSONCITYYOGA.COM/YOGA-NIDRA/](https://carsoncityyoga.com/yoga-nidra/) FOR MORE DETAILS