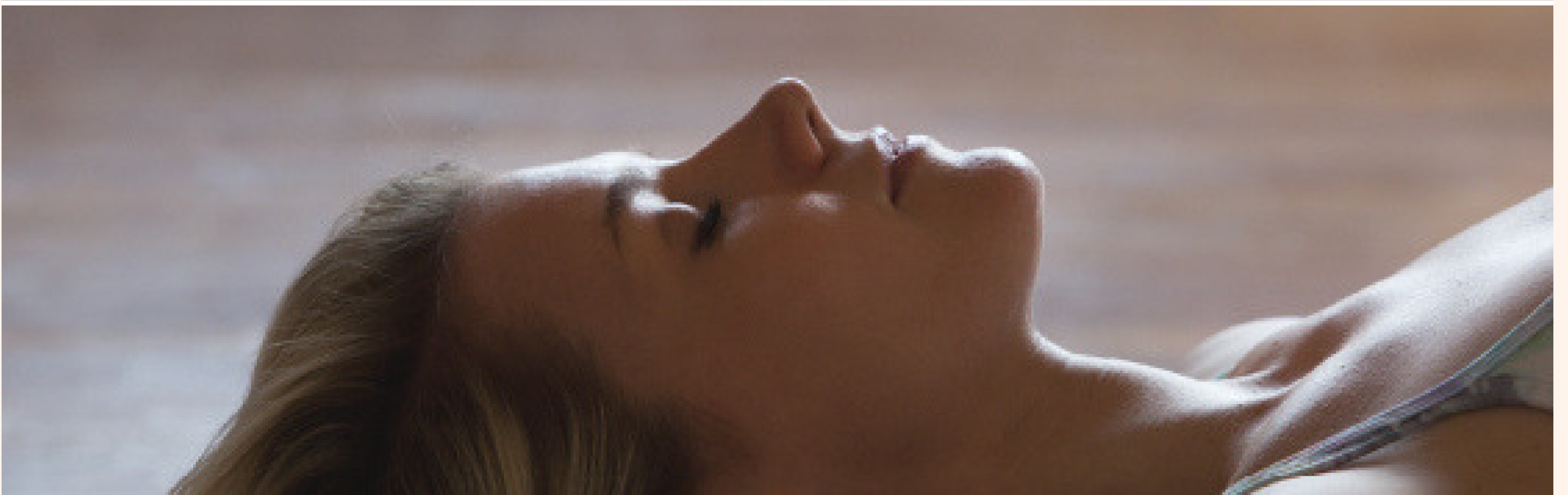


WITH MOLLY DAHL

# YOGA NIDRA

*Yogic<sup>x</sup> Sleep*



*Friday Night  
Yoga Nidra ~ 5:30-6:45pm*

January 11

May 10

September 13

February 8

June TBD

October 11

March 8

July 12

November 8

April 12

August 9

December 13

Carson City Yoga – 305 North Carson Street #202

**Donations** Gratefully Accepted

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