

WITH MOLLY DAHL



Exhale 2019

Inhale 2020

The December Long Practice will be

Sunday, December 29

9:30 am - Noon

Please mark your calendars and join us to
intentionally wrap up the year and
set strong positive intentions for 2020.

VISIT US AT [HTTPS://CARSONCITYYOGA.COM/SUNDAY-LONG-PRACTICE/](https://carsoncityyoga.com/sunday-long-practice/)
FOR MORE DETAILS