

with molly dahl

# DIVINE YOGIC SLEEP

During yoga nidra, "energy replenishes and exhaustion is eliminated. Identification with the impermanent and temporary nature of living is replaced with identifying with the golden aspect of oneself that endures—one's true Self." ~Julie Lusk

## Yoga Nidra ~ 2024

The 2nd Friday of each month  
5:30pm - 6:45pm



Feb 9	Apr 12	Jun 14	Aug 9	Nov 8
Mar 8	May 10	Jul 12	Sep 13	Dec 13

By Donation - Please bring your own blanket & props

Ascent Physical Therapy 4560 S. Carson St., STE 1 Carson City, NV

Questions? email Molly [dahlingmolly@gmail.com](mailto:dahlingmolly@gmail.com)