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DATE	YOGA NIDRA EXPERIENCE & NOTE	AM	PM
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			

1. Scan the QR code above and register for 2 free online Yoga Nidra classes held Tuesdays from 7-7:45pm.

1. Scroll down to "Payment Options" & select "Drop In." THEN, choose "Discount Code" and enter FREE CODE: **MMHFRESTS**

**Rate your overall wellness from 0-5 before & after each experience.

