



## ***Yoga Nidra Sound Bath***

Join Tammy McCollam and Dallas Shiemke as they join their talents of yoga nidra facilitation and energy healing. Relieve feelings of stress and anxiety while clearing the body's energy sensors.

**March 9<sup>th</sup>, March 23<sup>rd</sup>, April 13<sup>th</sup>  
6:00pm**

Space is limited  
to five participants.

Schedule through  
[discoverbalancevanc.com](http://discoverbalancevanc.com)



For additional information,  
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