

FOR IMMEDIATE RELEASE: March 31st 2022
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Sierra Sunrise Wellness Group presents:
Artown Wellness Classes

Reno, NV: Sierra Sunrise Wellness Group today announces its Artown Wellness Classes, a new service for the public during the month of July for Artown. These classes all offer additional ways for community members to connect with their friends and family, as well as empower their overall social, mental, emotional, and physical wellness.

“[Quote from higher-up in the company about the product/service],” says [name], [title] at [company]. “[Additional quote].”

The following are all of Sierra Sunrise Wellness Artown Classes for the month of July.

- Embodied Expression with Julie Baum. Sunday, July 3rd from 9am-10am
- Embodied Expression with Julie Baum. Sunday, July 10th from 9am-10am
- Embodied Expression with Julie Baum. Sunday, July 17th from 9am-10am
- Embodied Expression with Julie Baum. Sunday, July 24th from 9am-10am
- Embodied Expression with Julie Baum. Sunday, July 31st from 9am-10am
- Vinyasa Flow with Jessica Rosander. Monday, July 11th from Noon-1pm
- Vinyasa Flow with Jessica Rosander. Monday, July 18th from Noon-1pm
- Family Yoga with Tasha Bronneke. Saturday, July 9th from 10am-11am
- Family Yoga with Tasha Bronneke. Saturday, July 23rd from 10am-11am
- 80's Themed Yoga with Gia Butera. Wednesday July 6th from 6:45pm-7:45pm
- Boy Band Themed Yoga with Gia Butera. Monday July 11th from 6:45pm-7:45pm
- Classic Rock Themed Yoga with Gia Butera. Monday July 18th from 6:45pm-7:45pm
- 90's Hip Hop Themed Yoga with Gia Butera. Wednesday July 29th from 6:45pm-7:45pm
- New Moon Cacao Ceremony, yoga, and meditation with various SSWG facilitators. Saturday July 30th from 6pm-8pm.

Sierra Sunrise Wellness Artown Classes will be available starting July 2022, at a **SUGGESTED DONATION OF \$20 PER CLASS**; and will conclude at the end of July 2022. These classes are special in that these Artown Classes are all a **Suggested donation of \$20** with ALL the proceeds going to providing services for members of the community who have difficulty in affording therapy. Please arrive up to 15 minutes early to mingle and settle into classes. Space is limited per gathering and will fill up. For more information on Sierra Sunrise Wellness Artown Classes, visit SierraSunriseWellnessGroup.com or send an email to SSWGinfo@hushmail.com. People can also view all of our classes on Facebook, Meetup, and our Sierra Sunrise Wellness Group app!

About Sierra Sunrise Wellness Group: The Sierra Sunrise Wellness Group is committed to creating a space for ourselves, our community, and our clients to receive the best therapeutic experience possible. Our mission is to reach out, learn, and explore the mind, body, and soul principles of wellness through techniques both ancient and modern. In every day, there comes another sunrise of potential for a life well-lived.