



dear dreamer;
let me tell you what loving a
dream really is.
it's slowing down enough
to let that wild, tender,
beautiful dream –
catch up to you
~ Amber Campion

Guided Yoga with Dr. Shannon McLain **August 27, 28, 29, 2024, 7am PST**

I hold a PhD and MS in Mind-Body Medicine from Saybrook University's College of Integrative Medicine and Health Sciences (CIMHS). Additionally, I have completed certificates in Integrative Wellness Coaching and Integrative and Functional Nutrition. Although I have practiced yoga for over a decade, I recently received my 200-hour yoga teacher training certification specializing in mindfulness-based leadership. My passion in life is to create sacred space for transformative experiences, which I do online and in my local community. I currently reside in Reno, Nevada, affectionately known as the 'biggest little city in the world'. Nestled in the foothills of the Sierra Mountains, this vibrant high-desert city is situated on the ancestral lands of three Great Basin Tribes – the Paiute, the Shoshone, and the Washoe. Beyond my professional and academic pursuits, I find solace in a variety of rejuvenating self-care practices. I am passionate about international travel, breathwork, Kirtan, yoga, plant medicine, hiking, forest bathing, and immersing myself in nature's embrace. My heart truly finds its home among the mountains.