



**Live Your Best Life Master Class - Sunday, November 17, 2024**

**1pm - 3:30pm at Gather Yoga, Evergreen, CO**

**Learn how to regulate your stress, balance your hormones, and strengthen your immune system before the holidays for a healthier, more vibrant season.**

Discover how to transform your health by integrating emotional, physical, and functional fitness for rapid results—join our Live Your Best Life Master Class to reawaken your mind, heart, and body.

**Sunday, November 17, 2024 @ 1:00 pm at Gather Yoga, Evergreen, CO.**

**Cost: \$39**

Dr. Tammy Sorenson's passion for functional medicine is deeply rooted in her own transformative journey through autoimmune diseases, which she overcame through dedicated lifestyle modifications. In her upcoming community Master Class, Dr. Sorenson will share her comprehensive approach to health, blending Eastern and Western medical practices. Her integrative formula includes acupuncture, massage, nutrition, movement, mindfulness, nervous system regulation, and specialty labs, all aimed at cultivating ease, flow, and grace in one's life. Participants will gain valuable insights into managing pain, reducing stress, enhancing sleep quality, boosting energy, and fostering self-love—making this Master Class an exceptional opportunity to prepare for the holidays with a renewed sense of well-being and balance.

With love and gratitude, Dr Tammy with Soaringsun Health and Acupuncture

[www.drtaammysorensonbeshher.com](http://www.drtaammysorensonbeshher.com)