



**Tamara Joy Patterson, MA,
C-IAYT, C-EP, E-RYT 500**

Tamara holds a Master's Degree in Exercise Physiology with a research emphasis in creating exercise prescription for those healing from chronic disease. She enjoys helping people regain quality life and health so much so that she went on to receive her training as a Yoga Therapist. She also holds 2 Bachelor's Degrees in Natural Health and Kinesiology. She has professionally worked in the health and wellness field as a therapeutic yoga teacher, natural health educator, and emotional and spiritual healing facilitator for 18 years.

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530-524-5987

or email

joy@tamarashealinggarden.com

Location:

**Tamara's Healing Garden
308 N Mt. Shasta Blvd
Mt. Shasta, CA 96067**

Cost:

\$22/Person

Time:

August 22nd from 12pm-2pm