



Holiday's Health & Fitness Yoga Hatha Yoga Workshop with Master Yogini Ki McGraw October 25th - 27th, 2019

ALL LEVELS WELCOME

FULL WEEKEND WORKSHOP

\$200

Friday	October 25th	6-8:30pm	\$50
Saturday	October 26th	12-3pm	\$60
Saturday	October 26th	4-5:30pm	\$30
Sunday	October 27th	9-12pm	\$60

CEU CREDIT AVAILABLE



**Please send deposit of \$50 by
October 1st to reserve your
space in this wonderful
workshop.**

**Holiday Johnson
3016 NE 27th Ave
Portland, OR 97212**



Ki McGraw's diligence, research & dedication to the physical, mental & spiritual well being of humankind has strengthened & evolved over 30 years of professional service. Ki is eclectic in her approach to Yoga instruction & emphasizes a strong Asana & Meditation practice that emerges from the core of the body & inner self. She is a strong, charismatic teacher who is well grounded in the ancient tradition of yoga. She is a radiantly beautiful yogini who models poses to exquisite perfection. Her supportive way of instructing helps students feel good about their own practice.

Find out more at www.hathayogacenter.com

Workshop Location:
Hawthorne Movement Center
3942 SE Hawthorne Blvd

Please note there is limited parking behind Hawthorne Wellness Center

Holiday's Health & Fitness Yoga

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