

Holiday's Health & Fitness Yoga
August 6th Wisdom of Yoga Workshop
Harvesting Abundant Insight & Understanding
Hawthorne Movement Center
3942 SE Hawthorne Blvd
9am - 12pm

Late summer brings a time for harvest. A time to gather together, receive support so that you can harvest abundant insights & deeper understanding. Daily yoga practice takes effort but allows you to connect to your self determination. The seeds you have planted have grown & have allowed for a plentiful harvest.

Enjoy this Harvest time with this wonderful Wisdom of Yoga community. This workshop will ready you for the harvest and allow you to move more fully to enjoy this August 2017.



Your Instructor:
Holiday Johnson
CYT 500+



WOY is intended for those looking to enhance their existing practice. Please register in advance for each workshop. Woy Workshops are FREE for teens, full-time teachers of teens & veterans

WOY Special: purchase any 3 Woy workshops in advance for only \$75
\$35 / \$30 term student discount

To register, please contact Holiday at:
503.539.1074

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