



WISDOM OF YOGA

Sunday, Dec 3rd | 9am-12pm



During the hectic time of the holidays, give yourself the gift of time spent with your self and yoga community. We will explore partner poses and spend time in deep relaxation. We will explore self-care and will even massage our feet! Time this time for yourself – you deserve it!

This workshop will be led by Laela Wilding, and is suitable for all levels of yoga practitioner. Questions? Email Laela at allheartyogapdx@gmail.com



Wisdom of Yoga is held at Hawthorne Movement Center

3942 SE Hawthorne Blvd, Portland, Oregon

\$35/30 (term student discount)

FREE for teens, full-time teachers of teens & veterans

CES credit is available.

SPECIAL: Any 3 Wisdom of Yoga workshops only \$75 (\$30 savings)

Space is limited – register to confirm your spot by sending payment to :

Holiday's Health & Fitness Yoga

3016 NE 27th Ave, Portland, Oregon 97212

Contact Holiday for more information:

503-539-1074

holiday@holidaysyogacenter.com

