

December 1st, 2019 Wisdom of Yoga Workshop Survival Skills During the Holidays



December WOY will help you develop healthy survival skills for this holiday time. What inspires you? What loving activities comfort & support you?

Make a list for you to use during these busy times! Yoga practices are consciousness awakeners. Conscious to hear your inner wisdom speaking up.

Time for you may include yoga practice, healthy time with friends, journaling, nourishing your body.

Let go of conditioning which does not serve us well, like "I'll have this treat just this once, I deserve a treat". Inside & outside influences affect our choices. Let's grow our understanding of foods & activities that cost us in energy & health & those that may be better choices, leading to change to support your happiness & health.

Hawthorne Movement Center
Sunday, December 1st
9am - 12pm

WOY is intended for those looking to enhance their existing practice. Please register in advance for each workshop. Continuing education is available for yoga practitioners.

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:

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Your Instructor:
Holiday Johnson, CYT 500+

