

Holiday's Health & Fitness

February 4th, 2018

Wisdom of Yoga Workshop

Be in the Present Moment, Learning Skills Through Yoga & Meditation

9AM-12PM

Hawthorne Movement Center

3942 SE Hawthorne Blvd, PDX 97214



Holiday Johnson, CYT 500+

Come Explore and Learn.

Yoga practices prepare you for meditation. Undo holding patterns, make friends with resistance, grow inner & outer strength, flexibility & balance. Gain full range of motion in the mind & body for healing & prevention of injuries.

Become more healthy & happy.

What is Meditation? The ability to be comfortable & focus, finding stillness & quiet. THEN you may find & hear the wisdom from within. You can be present undistracted by past & future. Know everything of your past — before has already been integrated for use in the now. Taking care of the now will have you more prepared for the future, AND you will be more available to enjoy the NOW, the present moments. Holiday & our yoga community will uplift and support YOU in these Yoga & Meditation practices. We will LAUGH a lot.

**\$35/30 (term student discount)
FREE for teens, full-time teachers of teens
& veterans. CES credit is available.**

**Space is limited. Register now and confirm your spot!
Call 503.539.1074 or email
Holiday@holidaysyogacenter.com for more info.**

www.holidaysyogacenter.com

