

*Holiday's Health & Fitness Yoga*

*February 3rd, 2019 Wisdom of Yoga Workshop*

*Enjoy Being Inside...Body, Mind & Spirit, Friends Meeting*



Tune in, feel the warmth coming from your Heart, from movement & breath working together. Close your outer eyes, turn on the inner eyes. Your senses awaken to mind, body, & spirit connectedness. Open the pathways of health & healing. We all have injuries needing more repair. YES, this ability takes self determination, work, reflection & correcting choices. SUPPORT is available NOW from YOGA practices & community. Holiday will inspire you with humor & wise guidance!



*9am-12pm*

*Hawthorne Movement Center  
3942 SE Hawthorne Blvd. 97214*

*Yoga Instructor: Holiday Johnson, CYT 500+  
\$35/30 (term student discount)*

*FREE for teens, full-time teachers of teens & veterans.  
CES credit is available.*

*Special: 3 WOY workshops for ONLY \$75 when you sign up in advance.  
WOY workshops are intended to deepen your existing practice.*

*[www.holidaysyogacenter.com](http://www.holidaysyogacenter.com)*

*Holiday's Health & Fitness Yoga*

*503-539-1074*

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