

# Holiday's Health & Fitness Yoga Presents

**January 7th Wisdom of Yoga Workshop**

**See the Light on Your Life Path**

**Hawthorne Movement Center**

**3942 SE Hawthorne Blvd**

**9am - 12pm**

**Yoga Instructor: Holiday Johnson, CYT 500+**

**\$35/30 (term student discount)**

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

**CES credit is available**



## **SEE THE LIGHT ON YOUR LIFE'S PATH**

**Find Your Path Today.**

**Your life path can have more Health & Joy.**

**What do you need to see the light?**

**Within you & with your yoga practice, the light from inside turns on!**

**You will be supported in responding to the needs that are calling to you.**

**You will grow self-determination & focus to channel on your life's path.**

**Tone & relax to open the doors, mind, body & spirit coming together.**

**You sense, know & are moved by the energies that surface.**

**There WILL be changes, find your path to more Health & Joy.**

**Space is limited. Register now and confirm your spot!**

**Holiday's Health & Fitness Yoga**

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

**Call 503.539.1074 or email [Holiday@holidaysyogacenter.com](mailto:Holiday@holidaysyogacenter.com) for more info.**

