

# Holiday's Health & Fitness Yoga

## **March 5th Wisdom of Yoga Workshop YOU Plan What to Grow from Within Hawthorne Movement Center 3942 SE Hawthorne Blvd ~ 9am - 12pm**

Inside requests are calling HELP. Yoga asanas meet the needs for full range of motion from contraction to extension, strength & flexibility. Body, mind & spirit flow together from the freedom. Wisdom of Yoga workshops inspire your daily yoga practices. Your health & wisdom awaken again. Renewed support from Master Yoga Instructor Holiday & our yoga community is there for YOU. Personal attention & adjustment will be happening throughout this workshop along with meditation practices.

**Come enjoy, work deeply, growing your finest being.**

**WOY workshops are FREE for teens, full-time teachers of teens, & veterans,  
AND are intended to deepen your existing yoga practice.**

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

**Purchase 3 workshops in advance for only \$75**

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

**Holiday's Health & Fitness Yoga**

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