

May 6th Wisdom of Yoga Workshop What Seeds Are You Planting?

Hawthorne Movement Center
3942 SE Hawthorne Blvd, 97214
9am to 12pm



Pause, stop, listen within. Your wisdom is speaking.

Listen for what fertilizer we must add, what to dig out & compost, allowing new ideas & creative hints to push up & surface in you. Open your inner & outer eyes. Face what you need to let go of in order to make space for new life. Actions, lack of actions & efforts, foods, relationships which you likely already know must go yet you have resisted the "change". Courage, fortitude, & hope within you is expanding, allowing room for growth. Asanas, pranayama, light, warmth, & this yoga community working together for YOU. Choices come from wisdom for what to plant & grow within & out of you. Holiday reminds you to laugh & smile, supporting harmonious changes.



Yoga Instructor: Holiday Johnson, CYT 500+

\$35/30 (term student discount)

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

CES credit is available

WOY is intended for regular yoga practitioners

Contact Holiday with questions

Special: Any 3 WOY workshops ONLY \$75 with advanced sign up

Holiday's Health & Fitness Yoga

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