

Wisdom of Yoga November 5th, 2017

Maintain Your Health with Backbends

Aging with Joy

You will be invited to gradually & gently flow into backbends. Our daily lives propel us in our forward motion, go go go, get it done at all costs, taxing us physically, mentally & emotionally.

Backbends bring us back to our center. You will come inside to awaken & connect to energies you may have forgotten. Backbends lift your head & heart so you can sense Life & Joy available now, in this present moment. Undo the collapse of your head forward, spine & nerve damaging. Yes, tuning in with support for wisdom of proper alignment and wisdom, moving with the breath & Master Yoga Instructor Holiday Johnson, guiding you. At 73 Holiday shows is an example of the benefits of keeping a supple spine. Her humor & teaching skills are for you to receive. Come Join Us.



Sunday, November 5th ~ 9am-12pm

Wisdom of Yoga is held at Hawthorne Movement Center
3942 SE Hawthorne Blvd, Portland, OR 97214

\$35/30 (term student discount)

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

CES credit is available

SPECIAL: Any 3 Wisdom of Yoga workshops only \$75 (\$30 savings!)
Space is limited - register to confirm your spot by sending payment to:

Holiday's Health & Fitness Yoga
3016 NE 27th Ave, Portland OR 97212

Contact Holiday for more information:
503.539.1074

holiday@holidaysyogacenter.com

www.holidaysyogacenter.com