

Holiday's Health & Fitness Yoga  
November 4th Wisdom of Yoga Workshop  
Staying Healthy & Happy ... Takes Practice & Work

Healthy



Happy



**Health? Happiness? They are ready for you to grasp!**

"Short term relief for long term discomfort OR short term discomfort for long term relief"

It takes support from inside & out to do the work to maintain health & happiness. YES?

Everyday, let alone the upcoming holidays, are distractions from personal care taking. Phone, job, ...

Here you will take time to learn, to work, to practice what it takes to build habits that do this job.

Get stronger, move head to toe, find full range of motion, improved flexibility & balance! Balance physically & in life. Most of all, you will find breath, learning key breathing skills for health & happiness.

Holiday guides you for efficiency & successful actions within Yoga practices.

Come enjoy & feel the support of our yoga community, practicing together.

Wisdom of Yoga Workshops are held at the Hawthorne Movement Center  
3942 SE Hawthorne Blvd from 9am to 12pm

CES credit is available for yoga practitioners.

\$35/30 (term student discount)

Special: purchase any 3 WOY workshops for only \$75

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

**WOY workshops are intended for regular yoga practitioners.**

Contact Holiday with questions:

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