

## November 3rd, 2019 Wisdom of Yoga Workshop Skills for Staying Centered & Calm

Yoga practices keep your skills growing. It takes strength, compassion & wisdom to choose to stay centered & calm. Distractions of busy-ness, tending to other's needs, all consuming...

The first thing to remember is to stay grounded. Take time for personal care, time for stillness, time for stretching your breathe & body. We will practice yoga poses, meditation, breathing & connecting to your own true nature of peace, joy & calm.

Practice together within our yoga community, kindness & courage to help & support you. Holiday will encourage you to keep practicing, to keep learning, to discover what inspires you & awakens you to your wisdom.



Your Instructor:  
Holiday Johnson, CYT 500+



Hawthorne Movement Center  
3942 SE Hawthorne Blvd, 97214

Sunday, November 3rd  
9am - 12pm

WOY is intended for those looking to enhance their existing practice. Please register in advance for each workshop. Continuing education is available for yoga practitioners.

\$35 / \$30 term student discount

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

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

To register, please contact Holiday:

[holiday@holidaysyogacenter.com](mailto:holiday@holidaysyogacenter.com)

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

503-539-1074

Join Holiday on Instagram ([holidayjohnsonyoga](https://www.instagram.com/holidayjohnsonyoga))