

October 1st, 2017 WISDOM OF YOGA

Holiday's Health & Fitness Yoga
Invites YOU to deepen your
existing yoga practice.



October 1st Wisdom of Yoga Workshop

Fall Calls You Inside - Time for Inner Strength Development

Your inner home, your body, is calling you to listen & respond. Find places to strengthen, do the work of opening up full range of motion, preventing injury & keeping stamina alive.

Find peace & comfort, health & fitness in your body & mind. When you do, your spirit will speak to you more clearly & you will hear it leading you on your path in the present.

As you grow stronger, you will have the self determination to follow through with inspired plans & efforts for your life. Your body's range of motion will open up pathways of your brain connecting you to your own wisdom. Science is now proving what Yoga masters have said for centuries. Asanas, back bends, inversions, twists, standing & balance poses connect much more than we thought we knew. Come join Master Yoga Instructor Holiday Johnson & our yoga community to get acquainted with the finest qualities of you being! You will be supported with skilled instruction & have FUN at the same time.

October 1st, 2017

9am - 12pm at the Hawthorne Movement Center
3942 SE Hawthorne Blvd

\$35/\$30 (Term Student Discount)

Continuing Education Credit is available

FREE for teens & full-time teachers of teens

WOY SPECIAL:

Reserve any 3 Wisdom of Yoga workshops in advance for only \$75 (save \$30)

Please call 503.539.1074 to reserve your spot today!