

Holiday's Health & Fitness Yoga

October 7th Wisdom of Yoga Workshop

Ready For Change



Keep Your Balance

Yoga practices can give the skills of connecting to your breathe & wisdom for staying calm & centered. You CAN remember to pause, observe reactions, & see choices of responses.

Balance yoga poses help mind & body to maintain connection to your centered place. Practicing Yoga is like fertilizer, growing readiness skills to cope with everyday changes coming quickly from outside. Everyday changes on the inside are supported with the mind body connection, building the capability for responding to cleansing, growing, healing needed within each day. Come practice with energy from Holiday's inspiring & nurturing style of teaching & the yoga class community.



Yoga Instructor: Holiday Johnson, CYT 500+

Hawthorne Movement Center

3942 SE Hawthorne Blvd

9am to 12pm

\$35/30 (term student discount)

*Special: Any 3 WOY workshops for only \$75
FREE for teens, full-time teachers of teens & veterans!
CES credit is available.*

WOY workshops are intended for regular yoga practitioners. Contact Holiday with questions.