

Holiday's Health & Fitness Yoga

October 6th, 2019 Wisdom of Yoga



Full Range of Motion: Toned & Relaxed

Come practice yoga poses for healthy muscles & joints. Quality movement from head to toe. Yoga is Union, all parts interacting, coordination growing with inner connectedness. Yoga poses invite YOUR mind & body to become friends; listening, hearing & responding, skills awakening & communicating more clearly. Focused attention within each yoga pose, breathe leading the way to full & safe movement. Humor & humility, inner & outer eyes wide open for discovering greater abilities than we often imagine. Holiday's 40+ years of teaching, along with our yoga community, will support you in your learning.

WOY workshops are intended for regular yoga practitioners.

Workshop Location: Hawthorne Movement Center

3942 SE Hawthorne Blvd

9am to 12pm

Space is limited. Please call **503.539.1074** to register.

\$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.



Contact Holiday

www.holidaysyogacenter.com

holiday@holidaysyogacenter.com

Join Holiday on Instagram

[holidayjohnsonyoga](https://www.instagram.com/holidayjohnsonyoga)