

Holiday's Health & Fitness Yoga
Wisdom of Yoga Workshop

Sept 8th, 2019
Hawthorne Movement Center
3942 SE Hawthorne Blvd
9am - 12pm



Yoga Meets Wisdom in YOU

Your personal needs for healing, rebuilding, & cleansing are calling you. Yoga practice allows your wisdom to speak up louder and clearer: Stay longer, back out, let breath go in deeper or stop doing. Holiday's encouragement & teaching skills encourage you to find & meet your needs. Needs to be stronger, more flexible, gaining range of motions for healthy muscles & joints; needs getting attention. Together we will be taking this focused time, undistracted by past or future. Being fully present with quality of attention & hearing your wise guide inside supporting you as we practice yoga together. Group energy with compassion, kindness, courage & patience happens with Holiday's support.



Workshop Details:

\$35/30 (term student discount)

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

WOYSPECIAL:

Reserve any 3 WOY workshops in advance for only \$75.

CES credit is available.

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

Holiday's Health & Fitness Yoga

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

Or follow on Yoga Trail