

# Summer / June 2020 Newsletter

**Forgiving ourselves & others today for peaceful tomorrow**



## Mourning for all victims of violence ...

*Forgiving ourselves & others today for peaceful tomorrow*

Mourning for all victims of violence today and from the past, mourning for all those who have been killed by others (or oneself) as well as for those who have killed others (or oneself), mourning for all those who have been abused by others (or oneself) as well as for those who have abused others (or oneself), physically, mentally, emotionally, and/or sexually.



**Group Aikido on  
Thur 8:30-9:45pm  
continue to be on  
hold temporarily.**

Contact Seagan at (469)  
235-4401



**Group Holistic yoga  
& meditation classes  
continues via Zoom  
Session**

Contact Kyung at (469)  
878-9441



**Next Gift Ticket  
Swap Meetup on  
Sunday, August 9th,  
2020 2pm-3pm via  
Zoom session. RSVP  
[www.divinesparkallies.net/gift-ticket-swap-meetup](http://www.divinesparkallies.net/gift-ticket-swap-meetup)**

**1**

**HOLISTIC YOGA &  
MEDITATION SESSIONS**

TUE, THU & SAT 10AM

**Live Online Zoom Session**

**2**

**LATIN & BALLROOM DANCE  
LESSONS WITH DENIS**

TUE & THU AT 6PM

WED & FRI AT 1PM

**Live Online Zoom Session**

**3**

**GIFT TICKET SWAP  
MEETUP BI-MONTHLY**

Sunday, August 9th, 2020

2pm-3pm (CST)

**Live Online Zoom Session**

We have all been a victim in some shape or form at one time or another, directly or indirectly, we all have a unique story, we may or may not want to share.

Let us feel all that is arising within. Let us forgive and heal, let us forgive ourselves and others today for peaceful & magical tomorrow.

As we continue to navigate through these uncertain times, we are continuing to offer Live online **Holistic Yoga sessions (60m) at 10am (CST) on Tue, Thu & Sat, and Holistic Healing Meditation session (45-60m) at 11am (CST) on Thu & Sat;**

Texas (CST)	South Africa (SAST) / Botswana (CAT)	Australia (AEST)	New Zealand (NZDT)	Mon	Tue	Wed	Thu	Fri	Sat
10am-11am	5pm-6pm	1am-2am	3am-4am		H-Yoga (Deep Stretching)		H-Yoga (Intestine Healing)		H-Yoga (DanMuDo Basic Form)
11am-12pm	6pm-7pm	2am-3am	4am-5am				H-H-Meditation		H-H-Meditation
1pm-2pm	8pm-9pm	4am-5am	6am-7am			Ballroom Dance		Latin Dance	
6pm-7pm	1am-2am	9am-10am	11am-12pm	H-Yoga (IH)	Latin Dance		Ballroom Dance	H-Yoga (DS)	

You can **sign up for H-Yoga and/or H-H-Meditation sessions here**. If you are unable to pay, you are welcome to use Coupon code: **Stars** to sign up for free. Questions? Text Kyung at (469) 878-9441.

**Aikido classes** are continuing to be put on hold temporarily until further notice. Contact Seagan for more info and to receive access to some videos materials you can browse through during this down time period.

We are grateful to announce that Denis will be continuing to offer the Live Zoom group sessions at the same time for **Latin & Ballroom dancing lessons** for June 2020. Text Denis at (512) 924-4881 for more info and to receive Zoom meeting invite. Let's get our body & brain moving, shift our energy and have some fun!

Finally, we are making progress on the Gift Ticket Swap system slowly but surely, and we are planning to have our next **Gift Ticket Swap Meeting** via Zoom session at **2pm-3pm (CST) on Sunday, August 9th, 2020**. More announcement to follow soon.

We look forward to seeing you online and staying in touch!

Namaste,

Kyung Yi-O'Kelly,  
Your partner in Our Healing Journey