

Winter / February 2020 Newsletter

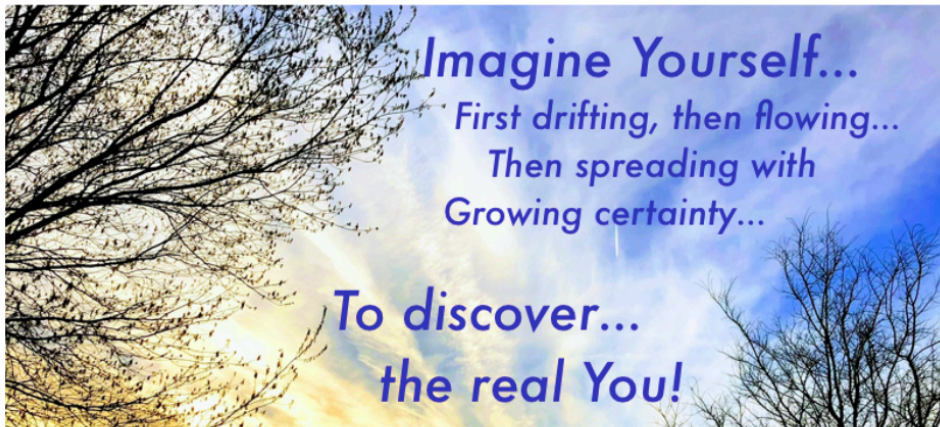
Envisioning a World where Everyone Thrives



Holistic Healing & Yoga Workshop Live Online Video Session



Saturday, February 20th, 2020 1pm-4:30pm



**Group Aikido on
Thur 8:30-9:45pm at
AVTA (North)**
Contact Seagan at (469)
235-4401



**Group Holistic Yoga
on MWF 7:45am-9am
& HYHM program on
Sat 1-3pm via Live
Online Video Session**
Contact Kyung at (469)
878-9441

Happy Lunar New Year!

Envisioning a World where Everyone Thrives!

It's been a rough start since the solar new year coping with all the changes rippling through and around us. With the colds & flu and allergies rampant in and around the globe, it certainly slowed many of us down, forcing us to take the time to repair and rejuvenate ourselves.

I am grateful for miracles & blessings as each day unfolds and for being able to

1

**AIKIDO CLASSES CONTINUE
AT AUSTIN VING TSUN
ACADEMY (NORTH)**

**13740 Research Blvd,
Building-W, Austin, TX**

2

**HOLISTIC HEALING & YOGA
WORKSHOP**

SATURDAY, FEBRUARY 22ND, 2020
1PM-4:30PM
Live Online Video Session

3

**GIFT TICKET SWAP MEETUP
BI-MONTHLY**

Monday February 3rd, 2020
10:00am-11:30am
at La Madeleine
(Arboretum)



**Next Gift Ticket
Swap Meetup on
Sunday, April 5th,
2020 2pm-3:30pm at
La Madeleine
(Arboretum)**

RSVP online

keep moving forward envisioning a world where everyone thrives! We have a few news items to share:

First, Holistic Healing & Yoga programs are now being offered via Live Online Video Sessions on Mon, Wed & Fri 7:45am-9am, and so is our first Online HHY Workshop for the year, to be held on Saturday, 1pm-4:30pm on February 22, 2020. Visit the webpage <https://www.holistichealingandyoga.com/Workshop> for more details and to sign up.

Second, no new development on the Gift Ticket Swap system to share so far but our next (bi-monthly) **Gift Ticket Swap Meeting** will be held on Sunday, April 5th, 2020. Kindly RSVP at <https://divinesparkallies.org/gift-ticket-swap-meetup> by Saturday before.

Last but not least, **Aikido classes** continue at Austin Ving Tsun Academy on Thursdays at 8:30pm.



Kyung Yi-O'Kelly
Healer / Coach / Owner
Holistic Healing & Yoga LLC

Text: 469-878-9441
Email: kyung@holistichealingandyoga.com

Venue: Live Online Video Session
A smartphone or a computer with broadband internet connection is required for video. The access link to be emailed upon signing up.

Whether you are a beginner or an experienced practitioner of holistic arts, self mastery is a stepping stone in the path to self healing.

Holistic Healing & Yoga Workshop, held every quarter and open to adults, will help you live your passion with grace & ease. Beginners are welcome.

In this workshop, you will experience:

1. Holistic yoga
2. Guided chakra healing meditation
3. Deeper understanding of your mind, body & spiritual wellbeing
4. Flexibility, balance, and thought patterns checkup
5. Envisioning your dream life!

Ticket: \$59/person (21yrs+)

Registration closes **Friday 1pm, February 21st, 2020**

Sign up Today!

at www.holistichealingandyoga.com/Workshop and

Receive immediate access to Kyung's eBook, "Seven Holistic Practices for Harmonious Living, a Self Healing Journey to Freedom".

Questions? Text or email Kyung!



Cheers to your health & wellbeing in 2020 and beyond!

Namaste,

Kyung Yi-O'Kelly

Your Partner in Our Healing Journey

www.holistichealingandyoga.com, *Uniting Mind, Body & Spirit*

www.divinesparkallies.org, *Envisioning a world where everyone thrives*