

Winter / January 2019 Newsletter

Restoring Your Inner Light, Your Divine Spark

GIFT EXCHANGE MEETUP

ASIAN AMERICAN RESOURCE CENTER
8401 CAMERON ROAD, AUSTIN, TX 78754

A brown bag lunch meeting
to share your gift or talent offerings and
to request an exchange



Monthly Meetup

Mondays and/or Saturdays at 12noon-1:30pm

February 4th & 9th, March 4th & 9th, April 6th & 8th, 2019



Aikido classes at ZenATX

Thursdays
8:30pm-9:45pm

Contact Seagan at (469)
235-4401



11 week Holistic Yoga Program at PWY Studio

Tue & Thu
10:30am-11:45am

Contact Kyung



2019 HHY Retreat in Drakensberg mountains of South Africa April 24th-30th, 2019

Contact Kyung at (469)
878-9441

Envisioning a World where Everyone Thrives!

Starting up Gift Exchange meetup, a Pilot project to Test the concept

The new year's day has come and gone, we hope that all your dreams will come true each day and everyday throughout 2019!. We are starting up Gift Exchange meetup, a pilot project to test the Gift Exchange concept. The monthly meeting will be held at Asian American Resource Center on Mondays and Saturdays at 12noon-1:30pm, it will be a **brown bag lunch meeting**. For more details and to

1

AIKIDO CLASSES CONTINUE AT ZENATX

12636 Research Blvd,
Austin, TX

2

11 WEEK HOLISTIC YOGA PROGRAM AT

Peaceful Warrior Yoga Studio
12221 Riata Trace Pky,
Austin, TX

3

2019 HHY RETREAT IN SOUTH AFRICA

Six nights + seven days
of healing & adventure

RSVP, check out www.divinesparkallies.org. Aikido & Holistic Yoga classes will continue at studios in NW Austin, and we are planning for HHY Retreat in Drakensberg mountains of South Africa in April 2019.

If you have difficulty in envisioning a world where everyone thrives and you're willing to release all that is in the way, the Holistic Healing Meditation program may be just what you need. For more details, check out www.holistichealingandyoga.com/hhm-program.

Aikido classes on Thursdays at ZenATX & AARC

- * Thursdays at 8:30pm-9:45pm at ZenATX at 12636 Research Blvd, Suite C-202, Austin, TX 78759
- * Two more classes will be held at AARC on Thursday January 24th & 31st, 2019 at 6:30pm-7:45pm.



Holistic Yoga classes on Tuesdays & Thursdays at Peaceful Warrior Yoga Studio

- * Tuesdays & Thursdays at 10:30am-11:45am at Peaceful Warrior Yoga Studio at 12221 Riata Trace Pkwy, Suite 150, Austin, TX 78727 (11 week program; Feb 5th - Apr 11th, 2019)
- * One more holistic yoga class will be held at AARC on Monday, January 28th, 2019 at 10:30am-11:45am.



SIX NIGHTS & SEVEN DAYS OF HEALING & HIKING ADVENTURE DEEP IN THE DRAKENSBURG MOUNTAINS IN SOUTH AFRICA APRIL 24TH - 30TH, 2019

Lead by Kyung Yi-O'Kelly, Certified Holistic Yoga Instructor & Healer and Life Coach, Hosted by Witsieshoek Mountain Lodge located in the northern region of the majestic Drakensberg mountains, and Umphafa Berg Tours, registered guides in the Berg region.

Check out <https://www.holistichealingandyoga.com/hhy-retreat-in-drakensberg> for details. Questions? Contact Kyung at (469) 878-9441

