

Spring / March 2019 Newsletter

Envisioning a World where Everyone Thrives!



Spring is here, New season, New beginning

Sending Love & Light to the victims of violence & injustice on Earth

It's hard to envision a world where everyone thrives especially when we learn about the horrific news of violence and injustice occurring frequently. It helps to remind ourselves that this world of duality; good & bad, right & wrong, light & dark are our own creation as collectives and that as individuals, we get to experience our reality according to our thoughts, words and actions taken each day, and that we have the power to give our attention to what we choose to experience

1

AIKIDO CLASSES CONTINUE AT ZENATX

12636 Research Blvd,
Austin, TX

2

HOLISTIC YOGA CLASSES CONTINUE 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



Aikido classes at ZenATX

Tue & Thu
8:30pm-9:45pm
Contact Seagan



Holistic Yoga Program at PWY Studio

Tue & Thu
10:15am-11:30am
Contact Kyung



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

Contact Kyung

each day, each moment. As we embrace ourselves of all that is not at ease within with what is happening around us, we become more in touch with our intuition to take the right action today that we will not regret tomorrow.

If you have difficulty in giving your attention to what matters to you, the Holistic Healing Meditation program may be just what you need. For more details, check out www.holistichealingandyoga.com/hhm-program.

There is still time to sign up for the 2019 HHY Retreat in the Drakensberg Mountains in South Africa. Registration closes, March 31st, 2019.

SIX NIGHTS & SEVEN DAYS OF HEALING & HIKING ADVENTURE DEEP IN THE DRAKENSBERG 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



As we envision a world where everyone thrives, the Gift Exchange meetup, a pilot project to test the Gift Exchange concept, will be held at Asian American Resource Center on Saturday, April 6th, 2019 at 12noon-1:30pm. It will be a **brown bag lunch meeting**. For more details and to RSVP, check out www.divinesparkallies.org.



Aikido & Holistic Yoga classes continue indoor & outdoor in NW Austin, Texas. You can register for a Free trial class at

www.holistichealingandyoga.com/register-for-aikido-class



This is a picture from a seminar held with the late Henry Kono Sensei. His spirit lives on amongst all those who benefited from his teachings. Aikido classes resume on Tuesdays & Thursdays at 8:30pm-9:45pm at ZenATX.

Holistic Yoga classes on Tuesdays & Thursdays at 10:15am-11:30am at Peaceful Warrior Yoga Studio, and outdoor Korean Tai-chi class at Bull Creek District Park on Saturdays at 12noon-1pm.