

# Summer / July 2020 Newsletter

Envisioning a world where everyone thrives!



## New Normal, What does that look like for you?

*Envisioning a world that works for you and everyone else*

While the corona virus appears to be spreading with a vengeance here in the US, it may help us to get another perspective of our reality as we visualize our mother

1

### HOLISTIC YOGA

TUE & THU 10AM & SAT 6PM

**Live Zoom Sessions**

2

### LIVE LATIN & BALLROOM DANCE LESSONS WITH DENIS

TUE & THU AT 6PM  
FRI AT 1PM

3

### 6-WEEKLY HOLISTIC HEALING MEDITATION SESSIONS

Saturdays, July 18th-Aug 22nd, 2020  
7pm-8pm (CST)



**Martial Arts  
Training on Thu  
8:00pm-8:45pm via  
Zoom session.**

Contact Seagan at (469)  
235-4401



**Holistic yoga on Tue,  
& Thu 10am and Sat  
6pm continues via  
Zoom Session**

Contact Kyung at (469)  
878-9441



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

earth spinning by herself and at the same time revolving around the sun, traveling at an incredible speed in time and space, way beyond what most of us have experienced physically. The new normal is frightening indeed but if we all persevere in envisioning a world that works better for everyone, cooperating to protect ourselves & others at the same time, and keep working on strengthening ourselves physically, mentally & emotionally while helping others to do the same, we are sure to overcome this invisible threat.

Let us not beat but instead help corona virus leave us. Let us get stronger from inside and out today for a peaceful & magical tomorrow!

Texas (CST)	South Africa (SAST) / Botswana (CAT)	Australia (AEST)	New Zealand (NZDT)	Tue	Wed	Thu	Fri	Sat
9am-10am	4pm-5pm	12am-1am	2am-3am		H-Yoga (DanMuDo BF) Outdoor			
10am-11am	5pm-6pm	1am-2am	3am-4am	H-Yoga (Deep Stretching)		H-Yoga (Intestine Healing)		
1pm-2pm	8pm-9pm	4am-5am	6am-7am				Latin Dance	
6pm-7pm	1am-2am	9am-10am	11am-12pm	Latin Dance		Ballroom Dance		H-Yoga
7pm-8pm	2am-3am	10am-11am	12pm-1pm				Latin & Ballroom Dance at DI	H-H-Meditation
8pm-9pm	3am-4am	11am-12am	1pm-2pm			Martial Arts Training		

As we continue to navigate through these uncertain times, we are continuing to offer Live online **Holistic Yoga sessions (45m) at 10am on Tuesdays & Thursdays and at 6pm on Saturdays.** On Wednesdays at 9am, while the weather condition lasts, we are offering an outdoor practice of Holistic Yoga (DanMudo Basic form). **Sign up for a free trial class here.**

And next **Saturday, on July 18th, 2020,** we will be kicking off the **6-week Holistic Healing Meditation Program** with the **Holistic Healing & Yoga Workshop**, the 2 hour online workshop held quarterly.

If you want to help yourself or someone to make a commitment for the next 6 weeks, you can sign up or purchase a gift certificate for the **6-week Holistic Yoga & Healing Meditation Program here.** If you are unable to pay but you want to make that commitment, you are welcome to use Coupon code: **Stars** to sign up for free. Questions? Text Kyung at (469) 878-9441.

While **Aikido classes** are continuing to be put on hold temporarily until further notice, Seagan has started offering **Martial Arts Training session on Thursdays at 8pm (CST),** a 40min online session with a fairly high intensive kicking and striking practice to generate sweat! Contact Seagan at (469) 235-4401 for more info.

For **Latin & Ballroom dancing lessons** for July 2020, in addition to the Live Zoom group (40min) sessions (**Tuesdays & Thursdays at 6pm and Fridays at 1pm**), Denis has started offering Live group (60min) classes in person at **Dance Institute on Fridays at 7pm(CST).** Text Denis at (512) 924-4881 for more info.

Last but not least, our next ***Gift Ticket Swap Meeting*** will be held via Zoom session at ***2pm-3pm (CST) on Sunday, August 9th, 2020***. Kindly ***RSVP here***. If you are interested in learning more, email ***kyungyiokelly@divinesparkallies.net*** to receive ***White Paper on DSA Gift Ticket Swap System***.

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

Namaste,

***Kyung Yi-O'Kelly,***

Your partner in Our Healing Journey

Holistic Healing & Yoga, Uniting mind, body & spirit

Divine Spark Allies, Envisioning a world where everyone thrives