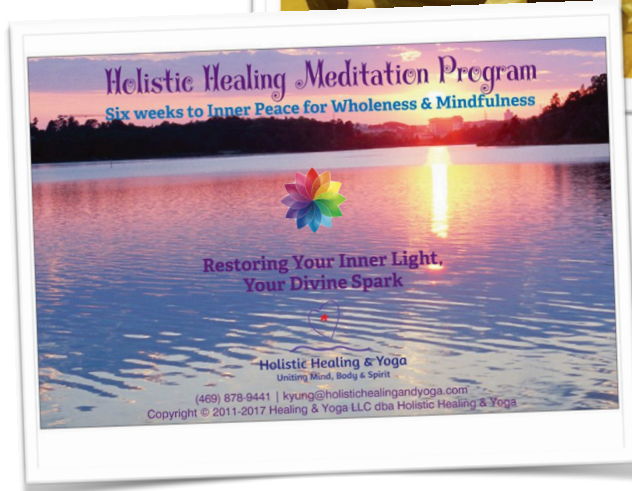


# Beat CoronaVirus with Holistic Healing

Beat the Virus Special Offer



# **Beat CoronaVirus with Holistic Healing**

## **Self Healing Journey to Freedom**

During this difficult time, dealing with sudden changes in our lives causes stress and weakens our immune systems. The practice of holistic arts; yoga & meditation, qigong, tai chi, martial arts, and/or dancing will help us in coping through the changes and strengthen our immune systems.

Our body & brain is like a machine, given the right maintenance, it will run smoothly. Start your body and brain maintenance program today with Holistic Healing & Yoga by signing up for FREE! Beat the Virus Special offer!

Choose to sign up for either Holistic Yoga program or Holistic Healing Meditation programs or both.

Click here to Register for Holistic Yoga sessions at

- 11am (CST) / 6pm (SAST) on Mon, Wed & Sat and
- 5pm (CST) on Fri / 7am (KST) on Sat / 9am (NZST) on Sat

Click here to Register for Holistic Healing Meditation sessions at

- 12pm (CST) / 7pm (SAST) on Mon, Wed & Sat and
- 6pm (CST) on Fri / 8am (KST) on Sat / 10am (NZST) on Sat, or

Click here to Register for both

with love & light, Kyung