

Summer / July 2019 Newsletter

Envisioning a world where everyone thrives



Envisioning a world where everyone thrives

Balancing selflessness & selfishness

Greetings!

It's been a mild summer this year so far in Texas and with much rain falling in the earlier part of the season, it feels so good to be alive among the trees & plants in full bloom. I am grateful to my soul group partners; family & friends, clients,

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**AIKIDO CLASSES
CONTINUE AT ZENATX**

12636 Research Blvd,
Austin, TX

2

**HHY PROGRAMS
CONTINUE AT**

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

3

**HOLISTIC YOGA ON
FREE DAY OF YOGA +
GIFT TICKET SWAP AT
PWYS**



**Group Aikido
Program at ZenATX
on Tue & Thu
8:30pm-9:45pm**



**Group Holistic Yoga
Program at PWYS
on Tue & Thu
10:15am-11:30am**



**Group Holistic Yoga
and Healing
Meditation Program
at PWYS on Sundays
at 1pm-3pm**

Contact Kyung at (469)
878-9441 or Seagan at
(469) 235-4401

vendors and customers including Lyft riders with whom I interact each day, and for all that I am, all that I can, and all that I have. My blog on Self Healing Journey to Freedom, envisioning a world where everyone thrives can be found at <https://divinesparkallies.org/blog>

Expressing the best version of ourselves may not come easily at first especially when we are facing problems or challenges. It may help to take a deep breath and choose to see new possibilities. Sometime it may take a (selfish) action of saying 'no'..., to create space within..., to gain new perspective..., and to maintain balance.

As we continue with our regular classes for Aikido with Seagan at ZenATX and Holistic Healing & Yoga programs with Kyung at Peaceful Warrior Yoga Studio, we will be hosting a ***Holistic Yoga class at 9am on Free Day of Yoga on Labor Day, Monday, September 2nd, 2019***. Immediately following the class will be our first ***Gift Ticket Swap Meetup*** to be held at Peaceful Warrior Yoga Studio at 10:30am-11:45am. You can also buy (digital) gift cards from retail stores desired by DSA Gift Ticket Providers and request a swap at the next Gift Ticket Swap meetup.

Gift Ticket Swap Meetup at Peaceful Warrior Yoga Studio,

12221 Riata Trace Pky, Suite #150, Austin, TX 78726

Monday, September 2nd, 2019 10:30am-11:45am

(after the **Free Day of Yoga - Holistic Yoga class at 9am-10:15am**)



If you have talents or gifts in Holistic Arts and you wish to share them with others, you are invited to join us for the Gift Swap Meetup this Labor day. It will be taking place after the Holistic Yoga class. This meetup is for both teachers and (prospective) practitioners of *Holistic Arts*. Visit: <https://divinesparkallies.org/gift-ticket-swap-meetup> for more details and to register to reserve your spot.

Last but not least, the Holistic Healing & Yoga retreat in Drakensburg, South Africa has been rescheduled to October 2020 and we are working on offering additional options to include an African Safari trip as well as a Wine Testing Tour & visit to Cape Town. More details to follow soon.

Wishing you and yours a happy remaining summer season.

Namaste,

Kyung Yi-O'Kelly

Your Partner in Our Healing Journey

www.holistichealingandyoga.com

www.divinesparkallies.org