

Summer / May 2019 Newsletter

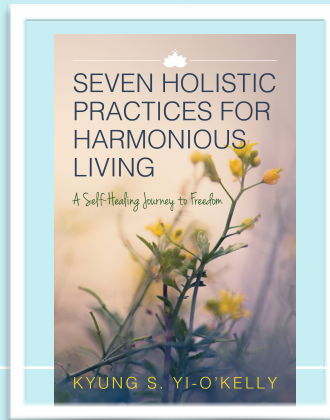
Envisioning a world where everyone thrives

Self Healing Journey to Freedom, *Envisioning a world where everyone thrives*

Tuesday May 21st, 2019 4:00pm

Lead by Kyung Yi-O'Kelly, Certified Holistic Yoga Instructor & Healer and Life Coach, a fifteen minute demo to be broadcasted on Austin Public TV through the Internet access link:

<https://www.austinfilm.org/austin-public/watch/>



**Group Aikido
Program at ZenATX
on Tues & Thur
8:30pm-9:45pm**



**Group HYHM
Program at PWYS
on Sundays
1:15pm-2:45pm or
Thursdays
10:00am-11:30am**



**Private HYHM
Program at PWYS
available on Mondays
or Fridays at
10am-11:30am**

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

Embracing Duality, Rising Beyond Good & Evil

Envisioning a world where everyone thrives!

Greetings! It feels like the spring has flown by and summer is already here in Austin, Texas.

Whenever we experience difficulty in envisioning a world where everyone thrives it helps to imagine that there are multiple versions of ourselves inside everyone of us. There is the good or the best version, the evil or the worst version, and all that is in between, being expressed in unique situations in each moment. And as we choose to express the best version ourselves, it helps to see the best version of everyone else also at the same time, or at least imagine it.

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

**6 WEEK HYHM
PROGRAM**

STARTING IN JUNE, 2019
Six weekly (90min) sessions
at Peaceful Warrior Yoga Studio

The 6 week HYHM program is designed to help you embark on this journey of discovering different aspects of yourself and attaining inner peace to live your passion with grace and ease.



Holistic Yoga & Healing Meditation Program

6 weeks to inner peace & living your passion with grace & ease

Introductory Workshop on June 2nd, 2019 at 1pm at PWYS






As we continue with our regular classes for Aikido with Seagan on Tuesdays & Thursdays at 8:30pm and Holistic Yoga with Kyung on Tuesdays at 10:15am, we will also be starting the 6 week Holistic Yoga & Healing Meditation program at Peaceful Warrior Yoga Studio in June 2019, first kicking off with the Introductory workshop on June 2nd, 2019 at 1pm. Registration closes Friday, May 31st, 2019. To learn more and to register, check out www.holistichealingandyoga.com.

Private sessions are also being offered at Peaceful Warrior Yoga Studio for morning appointments on Mondays and Fridays before 12noon.

Kyung Yi-O'Kelly

Your Partner in Our Healing Journey

kyung@holistichealingandyoga.com

www.DivineSparkAllies.org