

Spring / March 2020 Newsletter

Beat the Virus with Holistic Healing



**Group Aikido on
Thur 8:30-9:45pm on
hold temporarily.**
Contact Seagan at (469)
235-4401



**Group Holistic yoga
& meditation classes
continues via Live
Online Video Session**
Contact Kyung at (469)
878-9441

Beat the Virus with Holistic Healing!

Finding Balance between Selfishness & Selflessness

Our body & brain is like a machine, it likes routine & structure, and when there is a sudden abrupt change, it needs extra care to restore its balance.

As we navigate through these uncertain times, maintaining our own balance by strengthening our core through daily holistic arts practice like yoga, meditation, qigong, tai chi, martial arts and/or dancing is critical and then helping those that

1

HOLISTIC YOGA & MEDITATION SESSIONS

TUE & THU AT 10AM
WED & SAT AT 11AM

Live Online Video Session

2

LATIN & BALLROOM DANCE LESSONS WITH DENIS

TUE & THU AT 6PM
WED & FRI AT 1PM

Live Online Video Session

3

GIFT TICKET SWAP MEETUP BI-MONTHLY

Sunday, April 5th, 2020
1pm-2:30pm (CST)

at Zoom Meeting



**Next Gift Ticket
Swap Meetup on
Sunday, April 5th,
2020 1pm-2:30pm
via Zoom meeting**

See below for details

are close to us, and then reaching out to others who we can help. We have to be selfish enough to take care of ourselves first so that we become strong enough to be able to help others.

To that end, I am offering Live online **Holistic Yoga session (60m) followed by Holistic Healing Meditation session (60m) daily (Tue-Sat)** at the following times;

| Texas (CST) | South Africa (SAST) | Australia (AEST) | | Tues | Wed | Thu | Fri | Sat |
|-----------------|---------------------|------------------|--|-------|----------|----------|-------|-----|
| 10am-11am (CST) | 5pm-6pm (SAST) | 2am-3am (AEST) | | HY | | HY | | |
| 11am-12pm (CST) | 6pm-7pm (SAST) | 3am-4am (AEST) | | HHM | HY | HHM | | HY |
| 12pm-1pm (CST) | 7pm-8pm (SAST) | 4am-5am (AEST) | | | HHM | | | HHM |
| 1pm-2pm (CST) | 8pm-9pm (SAST) | 5am-6am (AEST) | | | Ballroom | | Latin | |
| 5pm-6pm (CST) | 12am-1am (SAST) | 9am-10am (AEST) | | | | | HY | |
| 6pm-7pm (CST) | 1am-2am (SAST) | 10am-11am (AEST) | | Latin | | Ballroom | HHM | |

Email/text me with your preferred day/time option to receive Zoom meeting invite. If these day/times are not suitable for you, I can make time for you at other times between 10am-6pm (CST). [These sessions are offered for free, however, if you are able, you are welcome to purchase Kyung's gift tickets here online.]

Aikido classes have been put on hold temporarily until further notice. Contact Seagan for more info and to receive access to some videos materials you can browse through during this down time period.

For those of you who want to (or learn to) practice **Latin and/or Ballroom dancing**, I've had the privilege of receiving amazing dance teachings from Denis Generalov, Latin & Ballroom Dance Instructor and former US Dance Champion, for the past 5 years alongside his awesome students. He is currently offering **Live Online Dance lessons (40m) daily (Tue-Fri)** to help us get through this challenging time.

Email/text Denis at denis@austindancesports.com / (512) 924-4881 for more info and to receive Zoom meeting invite. Let's get our body & brain moving and have some fun!

Finally, although there are no new development on the Gift Ticket Swap system side to date we are planning to have the **Gift Ticket Swap Meeting** via Zoom meeting at **1pm-2:30pm (CST) on Sunday, April 5th, 2020**. It will be good to stay in touch through this extraordinary time. Please feel free to join us via the Zoom meeting link: Join URL: <https://us04web.zoom.us/j/323649929> **at the scheduled time.**

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

Namaste,

Kyung Yi-O'Kelly,
Your partner in Our Healing Journey

kyung@holistichealingandyoga.com
(469) 878-9441