

Fall / November 2018 Newsletter

Restoring Your Inner Light, Your Divine Spark



View from Mt. Bonnell in Austin, Texas

On a clear sunny day after the weeks of heavy rain fall...

Our condolences go to the families and friends of victims of recent hate crimes in the US and elsewhere on Earth. Just like the murky river after the heavy rainfall, your hearts may feel like they have been torn into pieces from the brutal actions of those who gave in to hate. Herewith a prayer: "May your hearts be healed through love, compassion & forgiveness". We have three news items to share this fall:

1

**AIKIDO & HOLISTIC
YOGA CLASSES
CONTINUE AT AARC**

AARC, 8401 Cameron Rd

2

**6 WEEK HYHM
PROGRAM STARTING
AT STUDIO IN AUSTIN**

PEACEFUL WARRIOR YOGA

3

**2019 HHY RETREAT IN
SOUTH AFRICA**

Six nights + seven days
of healing & adventure



**Aikido classes at
ZenATX**

**Thursdays
8:30pm-9:45pm**

Contact Seagan at (469)
235-4401



**6 week HYHM
Program at
Peaceful Warrior
Yoga Studio
Sundays 1pm-3pm**



**2019 HHY
Retreat in
Drakensberg
Mountains of
South Africa
April 24th-30th, 2019**

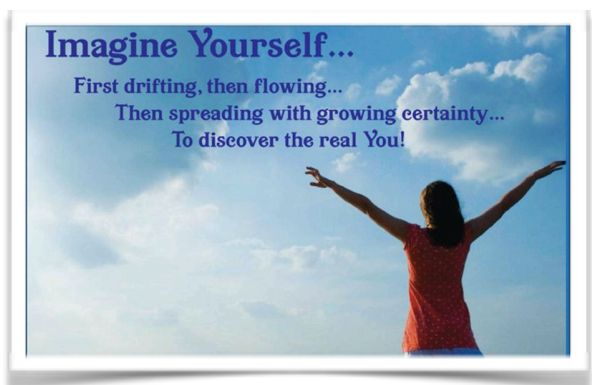
Aikido classes continue on Thursdays in Austin at two locations:

- * Thursdays at 6:30pm-7:45pm at Asian American Resource Center, 8401 Cameron Rd, Austin, TX 78704 (only on November 29th, December 6th & 13th, 2018, and January 24th & 31st, 2019)
- * Thursdays at 8:30pm-9:45pm at ZenAtx, 12636 Research Blvd, Suite C-202, Austin, TX 78759



Holistic Yoga classes continue on Mondays at AARC

- * Mondays at 10:30am-11:45am at Asian American Resource Center (only on November 19th & 26th, December 3rd & 10th, 2018, and January 21st & 28th, 2019)



Six week Holistic Yoga & Healing Meditation Program begins on November 11th, 2018

- * Sundays at 1pm-3pm at Peaceful Warrior Yoga Studio, 12221 Riata Trace Pkwy, Suite 150, Austin, TX 78727

Check out <https://www.holistichealingandyoga.com/ohym-program> for details

SIX NIGHTS & SEVEN DAYS OF HEALING & HIKING ADVENTURE DEEP IN THE DRAKENSBERG MOUNTAINS IN SOUTH AFRICA APRIL 24TH – 30TH, 2019

Lead by Kyung Yi-O'Kelly, Certified Holistic Yoga Instructor & Healer and Life Coach, Hosted by Witsieshoek Mountain Lodge located in the northern region of the majestic Drakensberg mountains, and Umphafa Berg Tours, registered guides in the Berg region.

Check out <https://www.holistichealingandyoga.com/hhy-retreat-in-drakensberg> for details



“Envisioning a World where Everyone Thrives!”

