

# Winter / January 2020 Newsletter

## Envisioning Your Dream Life & Creating 2020 Foresight



### Holistic Healing & Yoga

#### Introductory Workshop

Saturday, January 18th, 2020 1pm-5pm at Peaceful Warrior Yoga Studio



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



**Group Holistic Yoga  
on Tue & Thur  
10:15-11:30am &  
HYHM program on  
Sun 4-6pm at PWYS**  
Contact Kyung at (469)  
878-9441

## Happy New Year!

### Envisioning Your Dream Life & Creating 2020 Foresight

Wow, 2020 is finally here!

Firstly, I would like to thank you, my soul group; my family, friends, clients, vendors & colleagues with whom I interact with each day. Thank you for your patience and for all that you do everyday to improve our life experience on earth.

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#### AIKIDO CLASSES CONTINUE AT AUSTIN VING TSUN ACADEMY (NORTH)

13740 Research Blvd,  
Building-W, Austin, TX

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#### HOLISTIC HEALING & YOGA INTRODUCTORY WORKSHOP

SATURDAY, JANUARY 18TH, 2020  
1PM-5PM  
Peaceful Warrior Yoga Studio  
12221 Riata Trace Pky, #150,

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#### GIFT TICKET SWAP MEETUP BI-MONTHLY

on alternating Sunday and  
Monday at La Madeleine  
(Arboretum)



**Next Gift Ticket  
Swap Meetup on  
Monday, February  
3rd, 2020  
10:00am-11:30am at  
La Madeleine  
(Arboretum)**

RSVP online

As we celebrate and embrace all that comes our way in 2020, we have a few news items to share:

**Aikido classes** continue at Austin Ving Tsun Academy on Thursdays at 8:30pm.

Our next (bi-monthly) **Gift Ticket Swap Meeting** will be held on Monday, February 3rd, 2020. Kindly RSVP at <https://divinesparkallies.org/gift-ticket-swap-meetup> by Saturday before.

Last but not least, if you are in need of some assistance in envisioning your dream life, join us for the **Holistic Healing & Yoga Introductory Workshop** and create your 2020 foresight! The 4-hour Workshop will be held at 1pm on Saturday, January 18th, 2020 at Peaceful Warrior Yoga Studio. Early bird discount ends tomorrow, Sunday 1/12/2020.



Kyung Yi-O'Kelly  
Healer / Coach / Owner  
Holistic Healing & Yoga LLC

Text: 469-878-9441  
Email: [kyiokelly@gmail.com](mailto:kyiokelly@gmail.com)

Peaceful Warrior Yoga Studio  
12221 Riata Trace Pky,  
Suite# 150  
Austin, TX 78727

**Holistic Healing & Yoga Introductory Workshop** is a four-hour workshop, held quarterly, designed to introduce you to Holistic Yoga and Healing Meditation to help you live your passion with grace & ease.

In this workshop, you'll get to experience:

1. Holistic yoga
2. Guided chakra healing meditation, and
3. Understanding your current physical, emotional & spiritual condition: flexibility & balance, mind-body coordination and thought patterns, and then
4. Envisioning your dream life!

**Ticket: \$99/Adult (21yrs+), \$89 Early Bird Reg.**

Space is limited, 24 hour advance reservation required,

Sign up Today at [www.holistichealingandyoga.com/Intro-Workshop](http://www.holistichealingandyoga.com/Intro-Workshop) and Receive a copy of Kyung's ebook, "Seven Holistic Practices for Harmonious Living, a Self Healing Journey to Freedom".

Bring your partner or friends and receive 10% discount.

Early Bird Registration closes Sunday, **January 12th, 2020**

Questions? Text or email Kyung!



Here's to all your desires coming true for 2020!

Namaste,

**Kyung Yi-O'Kelly**

*Your Partner in Our Healing Journey*

[www.holistichealingandyoga.com](http://www.holistichealingandyoga.com), *Uniting Mind, Body & Spirit*

[www.divinesparkallies.org](http://www.divinesparkallies.org), *Envisioning a world where everyone thrives*