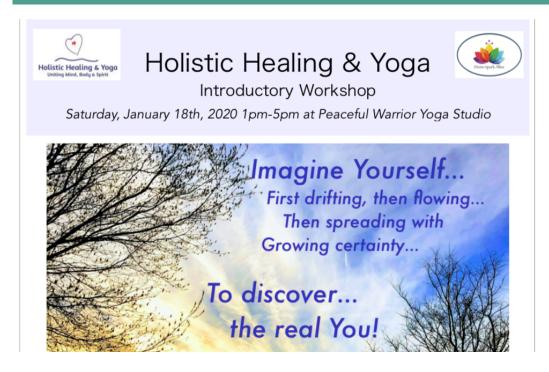
Winter / January 2020 Newsletter

Envisioning Your Dream Life & Creating 2020 Foresight

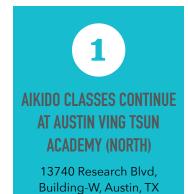


Happy New Year!

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.





SATURDAY, JANUARY 18TH, 2020 1PM-5PM

Peaceful Warrior Yoga Studio 12221 Riata Trace Pky, #150,



GIFT TICKET SWAP MEETUP BI-MONTHLY

on alternating Sunday and Monday at La Madeleine (Arboretum)



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



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: kyjokelly@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:

- Holistic yoga
- 2. Guided chakra healing meditation, and
- 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 <u>www.holistichealingandyoga.com/Intro-Workshop</u> 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, Uniting Mind, Body & Spirit

www.divinesparkallies.org, Envisioning a world where everyone thrives