

Winter / February 2022 Newsletter

Envisioning a world where everyone thrives!



Happy Valentine's Day!

Let us each be our own Valentine first everyday!

No matter many different dark origin stories of Valentine's day, we can always

1

**LIVE OUTDOOR HOLISTIC
YOGA PRACTICE**

Fridays at 10am

[Sign up online to reserve your spot](#)

2

**HOLISTIC HEALING
MEDITATION PROGRAM**

Live Zoom Sessions available on
Request

3

**GIFT TICKET SWAP
MEETUP**

Sunday, March 20th, 2022
2pm-3pm (CST)
Live Zoom Session



**Live Outdoor Holistic
Yoga Practice on
Fridays at 10am**



**Holistic Healing
Meditation Program
available on request.
[Learn more here](#)**



**Gift Ticket Swap
Meetup
at 2pm(CST) on
Sunday, March 20th,
2022.
[RSVP here.](#)**

choose to celebrate love, first and foremost, for ourselves individually! So that we can:

1. be more loving for each other and our environment especially through challenging times.
2. clearly envision what we truly want, and
3. take the right action today and everyday towards our vision

While the Virtual Holistic Yoga classes are offered online 24/7, we are planning on resuming the outdoor Holistic Yoga (DanMuDo Basic Form - Korean Taichi) practice, with weather permitting, starting on Friday at 10am on March 4th, 2022. [Learn more here and to sign up to reserve your spot.](#)

Last but not least our next Gift Ticket Swap Meetup will be held on Sunday March 20th, 2022 2pm-3pm via Zoom meeting online. Kindly RSVP at least 48 hours before the date/time.

Looking forward to seeing you soon!

With love & blessings,

Kyung Yi-O'Kelly

Your partner in Our Healing Journey

Holistic Healing & Yoga, Uniting mind, body & spirit

Divine Spark Allies, Envisioning a world where everyone thrives

