

Summer / August 2022 Newsletter

Envisioning a world where everyone thrives!



Live Outdoor Holistic Yoga Practice on Fridays at 8am



Holistic Healing Meditation Program available on request. *Learn more here*



Gift Ticket Swap Meetup at 2pm(CST) on Sunday, Sept 11th, 2022. *RSVP here.*

Happy Summer Time!

No matter what, we can choose peace, love & joy everyday!

Greetings!

1

LIVE OUTDOOR HOLISTIC YOGA PRACTICE

Fridays at 8am

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

2

HOLISTIC HEALING MEDITATION PROGRAM

Live Zoom Sessions available on Request

3

GIFT TICKET SWAP MEETUP

*Sunday, Sept 11th, 2022
2pm-3pm (CST)*

*Live Zoom Session**

It's been a while since last news letter and hope all is well with you and your family.

It's not easy living in this human form with all that goes on in our lives everyday. Sometimes are more challenging than other times and it is for these challenging times that we prepare ourselves everyday so that we can pull through it without getting caught in the vortex of chaos and drama. And it is these challenging times that we become more aware of all that shows up from within ourselves, which we would not have become aware of it otherwise... so let us be grateful for all that happens so that we can acknowledge all that we are and all that we carry so that we become more whole as we embrace ourselves fully and completely for all that is alive within ourselves.

While the Virtual Holistic Yoga classes are continued to be offered online 24/7, we are also planning to continue with the outdoor Holistic Yoga (DanMuDo Basic Form - Korean Taichi) practice, starting on Friday at 8am on August 12th, 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 September 11th, 2022 2pm-3pm via Zoom meeting online. Kindly RSVP at least 48 hours before the date/time. If you would like to meet in person, please do let me know and maybe we can meetup somewhere suitable and get together.

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

