

# Summer / September 2020 Newsletter

Envisioning a world where everyone thrives!



**Infinite Possibilities exist, what would it take?**

*Envisioning a world that works for you and everyone else*

As we come to the end of summer(winter) in the northern(southern) hemisphere, we may reflect upon where we have been and what we have done so that we can

1

## HOLISTIC YOGA

TUE, THU & SAT 9AM (CST)

**Live Zoom Sessions**

2

## LATIN/BALLROOM DANCE LESSONS WITH DENIS

TUE AT 6PM & FRI AT 1PM (CST)

**Live Zoom Sessions**

3

## HOLISTIC HEALING & YOGA WORKSHOP

Saturday, October 17th, 2020

10am-12pm (CST)

**Live Zoom Session**



**Martial Arts  
Training on Thu  
8:00pm (CST)  
Contact Seagan at  
(469) 235-4401**



**Holistic yoga on Tue,  
& Thu and Sat at  
9am (CST)  
Contact Kyung at  
(469) 878-9441**



**Next Gift Ticket  
Swap Meetup on  
Sunday, October 11th,  
2020 2pm (CST).  
RSVP at  
[www.divinesparkallies.net/gift-ticket-swap-meetup](http://www.divinesparkallies.net/gift-ticket-swap-meetup)**

welcome the fall(spring) with more clarity and focus in creating our dream life. Here is my latest **blog on "Heart of Gold or Stone?"**.

In our journey of self healing to freedom, the freedom to be living our dream life, one of the first insight that comes to mind is that that we cannot change others, we can only change ourselves and then possibly influence others by our example. And while we keep working on being the best version of ourselves, i.e. letting go of that aspect of ourselves that keeps us away from being our best, there is no loss in imagining or envisioning the best version of oneself and others, whatever condition we may be in right now. This technique helps us to not be too attached to the current version of ourselves and to open up our minds to new possibilities.

When we envision the best version of ourselves, we may imagine the corona virus leaving us with everyone recovering their health & wellbeing and thriving. It may help to envision the state where we are thriving, imagining the things we do, how we feel and what we have, and then allowing the vision and our intuition guide our actions while helping others to do the same.

As we continue to navigate through these uncertain times, we'll be offering Zoom group sessions for **Holistic Yoga (45m) at 9am on Tuesdays, Thursdays and Saturdays**, starting September 1st, 2020. **Sign up for Free trial classes here.**

Texas (CST)	South Africa (SAST) / Botswana (CAT)	Australia (AEST)	New Zealand (NZDT)	Tue	Wed	Thu	Fri	Sat
9am-10am	4pm-5pm	12am-1am	2am-4am	H-Yoga (Deep Stretching)		H-Yoga (Intestine Healing)		H-Yoga (DanMuDo Basic Form)
1pm-2pm	8pm-9pm	4am-5am	6am-7am				Latin Dance	
6pm-7pm	1am-2am	9am-10am	11am-12pm	Latin Dance				
8pm-9pm	3am-4am	11am-12am	1pm-2pm			Martial Arts Training		

The next **Holistic Healing & Yoga Workshop** is to be held online on **Saturday at 10am (CST), on October 17th, 2020**, when we will be kicking off our next **6-week Group Holistic Healing Meditation Program**.

For a limited time, I am giving away **Gift Certificates for Private Introductory Session (45min)** to see if any one of the HHY programs could help you realize your goals. Use **Coupon Code: NEWWORLD here** to accept the Gift Certificate and to schedule an appointment with Kyung today! Questions? Text or email Kyung.

While **Aikido classes** are continuing to be put on hold until further notice, Seagan will be continuing with the **Martial Arts Training session on Thursdays at 8pm (CST)**, a 40min online session with a fairly high intensive kicking and striking practice combined with kata. Contact Seagan at (469) 235-4401 for more info.

For **Latin & Ballroom dancing lessons**, Denis will be continuing with the Live Zoom group (40min) sessions (**Tuesdays at 6pm (CST) and Fridays at 1pm (CST)**). Text Denis at (512) 924-4881 for more info.

Last but not least, our next ***Gift Ticket Swap Meeting*** will be held via Zoom session at ***2pm-3pm (CST) on Sunday, October 11th, 2020***. Kindly ***RSVP here***. If you are interested in learning more, email [kyungyiokelly@divinesparkallies.net](mailto:kyungyiokelly@divinesparkallies.net) to receive ***White Paper on DSA Gift Ticket Swap System***.

We look forward to seeing you online and staying in touch!

Namaste,

***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