

# Winter / December 2020 Newsletter

Envisioning a world where everyone thrives!



**Happy Holidays & Coronavirus-free New Year!**

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

As we come to the end of 2020, it has been a year of unique challenges & surprises, some people have experienced loss & grief, other people have struggled just coping with the pandemic, and yet people have shown that they want change

**1**

**HOLISTIC YOGA**

TUE 10AM (CST) & FRI 5PM (CST)

**Live Zoom Sessions**

**2**

**HOLISTIC HEALING & YOGA WORKSHOP**

Saturday, January 17th, 2021  
10am-12pm (CST)

**Live Zoom Session**

**3**

**GIFT TICKET SWAP MEETUP**

Sunday, February 7th, 2021  
2pm-3pm (CST)

**Live Zoom Session**



**Holistic Yoga on Tue & Thu at 10am (CST) and Sat 5pm (CST)**  
***Sign up here.***



**Holistic Healing & Yoga Workshop on Sat at 10am (CST), January 17th, 2021**  
***Sign up here***



**Gift Ticket Swap Meetup on Sunday, February 7th, 2021 2pm (CST). RSVP here.**

in creating a world that works for everyone. We are grateful to all those who have worked and continue to work tirelessly to save lives and are keeping things moving forward with our evolution.

With the corona virus spiking, as we take proper precautions, it's important that we don't succumb to fear and anxiety. Rather, let us embrace all that is showing up for us, both good and bad but keep our attention on the good side of all that is. It works especially when things do not work out as expected and it helps with finding joy in simple things and giving gratitude to all that is good in our world.

Starting in the new year on **January 5th 2020**, we are continuing to offer Zoom group sessions for **Holistic Yoga (45m) at 10am (CST) on Tuesdays & Thursdays and at 5pm (CST) on Saturdays.** **Sign up for the Two-week Free Trial classes here.**

For those who are interested in going deeper in your healing journey, we offer **Holistic Healing & Yoga Workshop** held quarterly and the next one is to be held online on **Saturday at 10am-12pm (CST), on January 16th, 2021.** Questions? Text or email Kyung.

Texas, USA (CST)	Sydney, Australia (AEDT)	South Africa (SAST)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10am-11am	3am-4am	6pm-7pm		Holistic Yoga (Intestine Healing)		Holistic Yoga (Deep Stretching)			
5pm-6pm	10am-11am	1am-2am						Holistic Yoga (DanMuDo Basic Form)	

Seagan has decided to take a break from offering group martial arts training sessions online for the time being. We'll keep you posted with any changes.

Last but not least, our next ***Gift Ticket Swap Meeting*** will be held via Zoom session at **2pm-3pm (CST) on Sunday, February 7th, 2021.** Kindly **RSVP here.** If you are interested in learning more, email **kyungyiokelly@divinesparkallies.net** to receive ***White Paper on DSA Gift Ticket Swap System.***

May love, harmony & hope light the way this holiday season and into a wonderful new year!

With love & blessings,

**Kyung & Seagan 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