

Fall / November 2022 Newsletter

Envisioning a world where everyone thrives!



Happy Thanksgiving!

Greetings!

I am very grateful this thanksgiving holiday;-

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**OUTDOOR HOLISTIC YOGA
(DANMUDO-BASIC FORM)
PRACTICE**

on Fridays at 9am

Sign up online to reserve your spot

2

**HOLISTIC HEALING
MEDITATION PROGRAM**

Live Zoom Sessions available on
Request

3

**GIFT TICKET SWAP
MEETUP**

Sunday, January 22nd, 2023
2pm-3pm (CST)
Live Zoom Session*



**Live Outdoor Holistic
Yoga Practice on
Fridays at 9am**



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



**Gift Ticket Swap
Meetup
at 2pm(CST) on
Sunday, January
22nd, 2023.
RSVP here.**

- To all who show up everyday being their best and doing their best in making this world better in their own unique way
- To be alive, for all that I have and experience all that I do, and
- Finally, for you being there.

May you and yours have all that you need today and everyday, and your wants, if not today, soon!

The Virtual Holistic Yoga classes continue to be offered online 24/7 as well as the outdoor Holistic Yoga (DanMuDo Basic Form - Korean Tai-chi) practice, on Fridays at 9am. [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 January 22nd, 2023 2pm-3pm via Zoom meeting online. Kindly RSVP at least 48 hours before the date/time.

Happy holidays!

With love & blessings,

Kyung S. Yi-O'Kelly

Holistic Healing & Yoga Consultant

Your partner in Our Healing Journey

Divine Spark Allies, Envisioning a world where everyone thrives

