



Reach Yoga's 17th Annual New Years Eve Yoga!

Saturday December 31st 7-9pm :Pre Registration Only.

This year we have extended our time together so that we may have the time for three 'calling-in meditations'.

- 1. Calling in an intent/blessing that is specific to us**, individually, inwardly.
- 2. Calling in an intent/blessing that is specific to those around us** and our relationship to them. Friends, family, neighbours, work mates, acquaintances, the people who are part of the wheel of our life.
- 3. Calling in an intent/blessing that is specific to all of humanity** and the relationship we have to all we share this beautiful earth with.

We are going to use our yoga postures to solidify our intent in our bodies, we will use our breathing practices to solidify our intent in our hearts, and our meditations to solidify our intent in our minds.

Reserve your space! and bring your journal to catch any inspiration that arises. Let's use the power of this community to create a ripple in the matrix! Let's create a flow of kindness, love and respect with our waves of intent.

We are virtual,

Fees: \$22.00 send via e-transfer to info@reachyoga.ca

Love,
Cathy