



Yoga & Healing Arts Newsletter

Wishing you all the best for the Thanksgiving Holiday & Beyond!
With Love & Best Wishes, Hannah

Yoga DVD Download & for Music CD downloads....new page

We've updated our music and yoga DVD page in time for the holidays....Another new music CD may be there by mid-December and more in the new year!

<https://counselingyogameditation.com/music/>



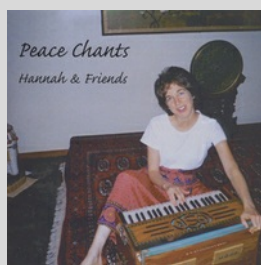
Online Yoga for Thanksgiving and throughout the weeks...

Join us for online yoga for Thanksgiving and for our normal weekly schedule!

<https://counselingyogameditation.com/yoga-classes/>



Getting Back to Favorites....



Learn Devotional Songs
I went on a vision quest during Sept/Oct 2020 and realized that I'd like to share more music! Here is one place we can start:
<https://learndevotionalsongs.com/>

6-week Yoga Training
Please let me know if you'd like to join our online "Yoga for Trauma Relief" 6-week training that starts in late January 2021!