



FEBRUARY 2020

THE YOGA CONNECTION

*620 Edgar Avenue, Beaumont, CA, 92223 Call Sally to Reserve @
951.475.6903*



"Why do we close our eyes when we pray, cry, kiss, dream? Because the most beautiful things in life are not seen but only felt by the heart." -unknown

NEW

This Month:

Wednesdays at 6-8 pm -February 12, 19, & 26th

**Workshop on the Chakras only 7 spots available call
to reserve a spot before February 12th to see
availability**

*** Saturday, February 8th at 10:30am- 12:30 pm Head
to Toe Health Wellness Workshop (free Donation
based)**

"Always live with an open heart.
This means being available to
nothing else but the vastness of
pure awareness, the eternity of the
present moment." -Sahajanda

LOVE, LOVE, LOVE

This month so many focus on romantic love. This is great, this is beautiful, but let's remember there are different types of love that are just as important. Love for ourselves, our families, our body. Let's keep our hearts active and healthy. Love yourself, take care of yourself and your love will radiate out towards others. Be true to yourself, you can't love others as well if you are not loving yourself first. Let us breathe in, appreciate how hard our body and soul works for us, truly spreading the love all around. Happy February.

