

# *Spiritual Tips for Holiday Bliss*

*On the first day of Christmas, give yourself a gift.*

Come join our CSLTV practitioners for a morning of practical and fun-filled workshops on how to experience the holidays in a joyful state of mind.

Among the “gifts” you will receive:

- Keep your body and mind centered and balanced with Chair Yoga and Tai Chi
- Soothe yourself with Meditations for the Senses and the Spirit
- Creating altars in your home to stay in the spirit of the season
- Affirmations to give AND receive to keep the spirit of the holidays alive and well
- Bringing in the new by setting intentions and releasing the memories of “Christmas-Past’s”
- Create a work of art while finding your inner calm

*Bring your friends, bring your neighbors, bring the person behind you in Starbucks. This is the “kick-off” event of the season!*

**SATURDAY, DECEMBER 1, 2018**

**9:00 am- 1:00 pm**

**Center for Spiritual Living Temecula Valley**

**Tickets go on sale November 18 2018.**

**\$20 in advance/ \$25 at the door. Cookies and cider included!**