

Most humans are never fully present in the now, because unconsciously they believe that the next moment must be more important than this one. But then you miss your whole life, which is never *not* now. And that's a revelation for some people: to realize that your life is only ever now.

Eckhart Tolle

THE POWER OF BEING HERE NOW

Meditation and Gentle Yoga

Come explore the gifts of being present with yoga instructor Kelly Wegmann. In this four week series we explore the book *Practicing the Power of Now* by Eckhart Tolle followed by a gentle yoga flow. This all-levels class allows us to explore how being here now is a very powerful and life-changing experience capable of affecting us at levels of our being.



Kelly is a certified yoga teacher who loves sharing the yoga, meditation & the power of being here now with everyone she meets.

**4-Week Series
Begins 10/30/16**

**Learn How to Be
Here Now**

**Enjoy Enriching
Spiritual
Discussions**

Meditate

**Experience a
gentle heart-
opening flow
sequence**

YOGA LOLA STUDIOS

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Yogalola.com/
281-684-3168

Class Dates: 6:00 PM
Oct 30, Nov 6, 13, 20
Cost: \$65 series/\$20
single class