

# SOLAR ECLIPSE SPECIAL EVENT: ASTROLOGY, YOGAWALK & SOCIAL

With Krista Ghaffarian and Kelly Lowe

Monday, August 21st at 6pm



The solar eclipse is a magnificent time to set intentions for the upcoming stages of your life. This is true for any new moon but combined with the solar eclipse the energy is just that much more powerful. So in honor of this special event, Kelly and I are teaming up to help you make the most of this energy.

Kelly will offer information about what we can expect to experience as a result of the solar eclipse. We will offer a special meditation that will provide the opportunity to set intentions. Then Krista will guide us on a YogaWalk (approximately 2 miles) along the beach to move our bodies and solidify the intentions set in meditation. Lastly, we encourage everyone to stick around for some fun and community in a potluck social. Bring beverages of your choice (wine, beer, juices or sodas) and food to share. Nothing complicated, finger food and snacks are ideal.

We will meet under the pavilion at the Birthplace of Speed Park located at 21 Ocean Shore Blvd in Ormond Beach.

This is where Granada ends at the beach. The best place to park is across the street in the Friday's parking lot.

Since we are walking be prepared by wearing comfortable, supportive sneakers.

And since we will be outdoors be prepared for the elements with sunglasses, hats, layers, sunscreen etc.

Please email ([krista@daytonayoga.com](mailto:krista@daytonayoga.com)) or text me (386-589-1199) if you plan to come

so I can be sure to update you of any changes in location or due to weather.

This event (Astrology Talk and YogaWalk) is only \$10 and can be paid in cash at the event.

**Krista Ghaffarian** is a Register Yoga Teacher who has made it her life's work to share the practice of yoga with others. Krista has been teaching Yoga since 2004 and received her Kripalu Yoga 200-hour teacher training through Discovery Yoga in St. Augustine in 2008. Krista's teaching style is strongly aligned with the Kripalu teaching of compassion and awareness. She loves working with beginners and teaching gentler classes where the focus is on getting to know oneself.

**Kelly Lowe** is an astrological counselor, teacher and newly published author of *An Astrologer's Journey*. Her expertise lies in helping her clients understand themselves better and cope with difficult cycles in their life. Timing is everything, and the use of astrology can be instrumental in selecting the right time to accomplish your goals.

