



We're having a very special event and you're invited!

Please join us 6:00 - 7:15 pm on December 28th, Wednesday, at Body & Soul K.C. , 59th & Holmes, for our

### **15th Annual Winter Solstice Celebration and Meditation.**

#### **What is the winter solstice:**

The winter solstice occurs exactly when the Earth's axial tilt is farthest away from the sun. **So what does this mean?** Astronomically, it marks the beginning of shortening nights and lengthening days.

Hence the return of the light--a reason to celebrate.

At Body & Soul K.C. it has been our tradition to celebrate the return of light by doing 108 Sun Salutations, a special New Year's meditation AND then dinner. We will simplify the Sun Salutations to make doing them much less difficult and, of course, you can participate to whatever degree you like. Do as many or as few Sun Salutations as you like. Or come just for the meditation or the dinner. Bring is your intention to release the old year and begin the new. Let's share this turning-point moment.

For dinner we plan to go to the Mixx Restaurant to share a meal.

(The Mixx Restaurant, 4855 Main Street. Kansas City, MO 64112 816.756.2300, in the Plaza Library complex)

Come for all or any part of the evening. Join in community to greet the new year.

