

# WELLNESS WEDNESDAY WEEKLY



JODIE RUFTY

**Jodie Rufty**

**GUEST**

Yoga Teacher & Trainer

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**Damaris L. Mercado**

**HOST / PRODUCER**

Wellness Wednesday Weekly  
Initiative & Podcast

**Jodie** has been teaching Yoga in the US and abroad since 1997 and leading Teacher Training for Yoga Works since 2002. She also opened & directed Amrita Yoga Center from 2000-2003 as well as helping launch Nava Yoga Center in Zagreb Croatia in 2004. She currently resides in NYC and teaches virtually.

## \* MEDITATION PODCAST SERIES \*

- **MAY 5th - EP 7: "Love & Kindness"**
- **MAY 12th - EP 8: "Forgiveness of Self"**
- **MAY 19th - EP 9: "Forgiveness of People We May Have Harmed"**
- **MAY 26th - EP 10: "Forgiveness of People Who May Have Harmed Us"**

*"Hatred never ceases by hatred, but by love alone is healed.  
This is the ancient and eternal law." –Buddha*

- ▶ **How are you treating yourself and others?**
- ▶ **Are you setting aside time for some one-on-one with Me, Myself & I?**
- ▶ **Might there be some internal conflict that needs spiritual help to resolve?**

**Give yourself these moments of guided introspection & reflection with this 4-part meditation and conversation podcast series. (Pre-recorded)**

Go to ...

**[www.WellnessWednesdayWeekly.com](http://www.WellnessWednesdayWeekly.com)**

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