

Yoga Course

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Beginning Thursday, January 18th, from 6pm-7:30pm

YOU are invited to participate in a 6-week course at Speedway United Methodist Church. All levels and abilities are welcome. The term "yoga" means "to yoke" the body, mind, and breath as a process of spiritual unfolding. In this course, we will set an intention for our 60-minute yoga practice based upon Christian scripture. Using a gentle series of strengthening and stretching poses, centered breathing, and meditation we will seek to firm the body while relaxing and focusing the mind. The remaining 30 minutes will include time for discussion and deeper reflection on scripture and yoga as means for strengthening our relationship with Christ.

Cost is \$5 per session and you will need your own mat. Invite a friend to join you!