

HOLY YOGA

HOLY YOGA IS A MODERN, SACRED DISCIPLINE INVOLVING THE BODY, MIND, AND SOUL FOR THE PURPOSES OF CONNECTING TO GOD AND GETTING HEALTHY. WE MOVE AND BREATHE AS WE FOCUS OUR ATTENTION ON GOD'S WORD. UPLIFTING MUSIC IS PLAYED THROUGHOUT AND THE WORD OF GOD IS WOVEN INTO EACH SESSION.

**Individual
Instruction**

\$25.00

PER SESSION

**Group
Classes**

\$15.00

PER PERSON

**Community
Demonstrations**

FREE

FOR NON-PROFITS



YOGA BEGINS WITH LISTENING. WHEN WE LISTEN, WE ARE GIVING SPACE TO WHAT IS



HOLLIE NICOLE

SOA WELLNESS FOUNDER
CERTIFIED HOLY YOGA INSTRUCTOR
C-HYI 200

Benefits Of

Holy Yoga

Deeper
Relationship
with God

Better Stress
Management

More
Flexibility and
Mobility



Better
Posture and
Alignment

A Healthy
Body Weight

Promotes
Breathing and
Relaxation

Builds Emotional
Resilience