HOLYYOGA

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

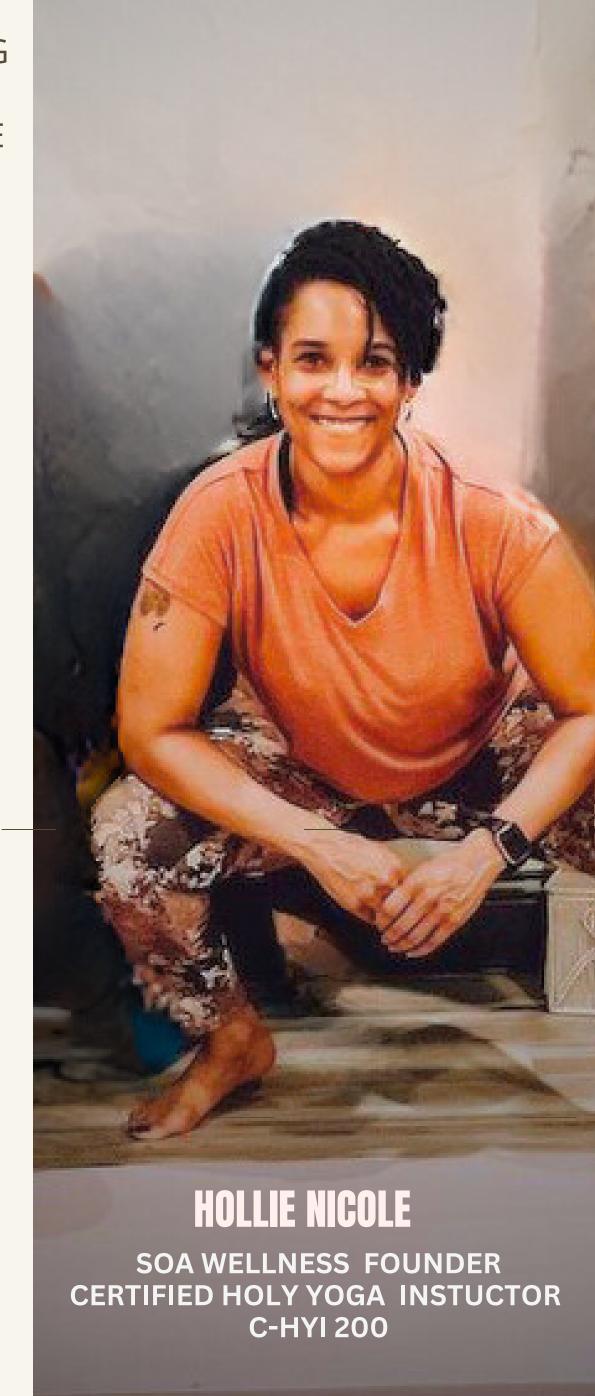
\$15.00 PER PERSON

Community Demonstrations

FOR NON-PROFITS



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



Benefits Of

Holy Joga

Deeper Relationship with God

Better Stress Management

More Flexibility and Mobility



Better
Posture and
Alignment

Promotes
Breathing and
Relaxation

Builds Emotional Resilence A Healthy Body Weight