

HOLY YOGA, What is it?

Holy Yoga is the intentional practice of connecting our entire being, body, mind & spirit with God: the Father, Son & Holy Spirit.

Our sole purpose is to facilitate a Christ honoring experience that offers an opportunity to believers & non-believers alike to authentically connect to God through His Word, worship & wellness.

What do I need to attend? You only need an open mind. Come in comfortable clothes. Bring a yoga mat if you can. If not, one will be provided for you.

What is the cost? There is no cost. A free will offering will be taken to support The Walk to Emmaus.

**Who can give me more information?
Contact Holy Yoga Instructor, Phyllis Johnston,
pjohnston@atlanticbb.net or 410-310-6803**

***We are asking you to please register for this class,
please contact Cindy Brinsfield 443-786-8942.***