

EXPERIENCE A DIVINE TRANSFORMATION

HOLY YOGA



WHAT IS HOLY YOGA?

Holy Yoga – or any form of Christian Yoga - is not a religion. Instead, it is a physical practice of aligning the body combined with breath work and mindful intention of reliance on God. Holy Yoga was designed for and committed to facilitating the experiential worship and celebration of God through movement and meditation to all believers in and seekers of Jesus Christ.

If you have ever considered the powerful and proven benefits of practicing yoga but have been apprehensive about the intent, Holy Yoga is a fantastic opportunity to connect with and glorify God in your mind, body, and soul.

WHO IS HOLY YOGA FOR?

If you are a Christian looking to combine the numerous and proven health benefits of a yoga practice with scriptural teachings and prayer, Holy Yoga is right for you.

A Holy Yoga class is a time of worship, praise, and connection to Christ practiced with contemporary and motivational Christian music. It is an experience that teaches us to take time to love, nurture, accept, heal, and grow ourselves in His word and His spirit. All levels from beginners to advanced yoga practitioners are welcome.

For more information, contact:

BENEFITS OF HOLY YOGA:

- Improved muscle tone and flexibility
- Increased blood flow and circulation
- Strength building for joints, ligaments, and tendons
- Maintaining a healthy weight and assistance with pain management
- Relieves anxiety and reduces stress
- Improves memory and concentration
- Alleviates symptoms of depression and helps balance mood swings
- Promotes happiness and sense of well-being
- Expressive prayer in a compelling yet intimate way
- Understand your intense connection to and reliance on God
- Connect with others and join in a unique Christian worship and fellowship

HOLY  YOGA®
CERTIFIED INSTRUCTOR