

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” Mark 12:30

Holy Yoga® is the physical and spiritual practice of connecting our mind, body, and spirit with God. Our goal is to facilitate a Christ-honoring experience that offers an opportunity for believers and non-believers alike to authentically connect to God through His Word, His people, worship, and wellness. Using engaging Scripture, prayer, meditation, movement, worship, and often uplifting music, we create space in our minds, bodies, and souls for God.

If you have ever considered the powerful and proven benefits of practicing yoga but have been apprehensive about the intent or even ‘not being flexible enough’, know that you are welcome here! Holy Yoga is an amazing opportunity to connect with God, yourself, and your community.

For more information, contact:

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Weekly Holy Yoga Classes:



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