



 Saturday
 yogadevotion
 registration

June 8-July 27 • 9-10 am Messiah Church • Lakeside West (Room 135)
 \$64/person 17805 County Road 6 • Plymouth

Join us on Saturdays for Yogadevotion – faith integrated yoga. This 8-session class opens with scripture that speaks to the practice of faith. The body of the class is a combination of standing, balance and floor poses, before closing with restorative yoga, allowing for a time of reflection. Please wear comfortable layers to class. A minimum of 10 participants must be registered by Friday, May 31. Contact Jill Mahoney, RN, BSN, FCN, Messiah’s Faith Community Nurse, at jmahoney@messiahchurch.org or (612) 804-6591 with questions. **For more information, visit Yogadevotion.com.**

Sorry, but we cannot discount classes if you are unable to attend, but you can make up classes at other Yogadevotion locations. Visit www.Yogadevotion.com, and click on “classes.”



Saturday Yogadevotion
 June 8-July 27 • 9-10 am • Messiah Church

To register, please complete this form, detach, and return to Jill Mahoney, Messiah’s Faith Community Nurse, with your check for \$64/person. Registrations can be placed in Jill’s mailbox in the church office, or mailed to: Messiah Church, Attn: Jill Mahoney, 17805 County Road 6, Plymouth, MN 55447. Please make checks payable to Messiah Church, with “yoga” written in the memo line. **Deadline to register is Friday, May 31.**

Name(s) _____

Phone _____ Email _____