




Saturday
 yogadevotion
 registration

November 9-December 21 • 9-10 am
 \$54/person

Messiah Church • Lakeside West (Room 135)
 17805 County Road 6 • Plymouth

Join us on Saturdays for Yogadevotion – faith integrated yoga. This 6-session class (no class on November 30) 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, November 1. Contact Sue Zietlow at zietlowsue@gmail.com 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.”



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To register, please complete this form, detach, and return to the Messiah Church office, with your check for \$54/person. Registrations can be returned in person, or mailed to: Messiah Church, 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, November 1.

Name(s) _____

Phone _____ Email _____