




Saturday
 yogadevotion
 registration

January 8-February 26 • 9-10 am
 \$72/person

on Zoom with some in-person sessions
 hosted by Messiah Church
 17805 County Road 6 • Plymouth

Join us on Saturdays for Yogadevotion – faith integrated yoga. This 8-session Zoom class (with some in-person sessions) 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. Contact Sue Zietlow at zietlowsue@gmail.com with questions, for more information, or to receive a Zoom invitation. Everyone is welcome! **For more information on Yogadevotion classes, visit Yogadevotion.com.**

Sorry, but we cannot discount classes if you are unable to attend, but you may be able to make up classes at other Yogadevotion Zoom times. Visit www.Yogadevotion.com, and click on “classes.”



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To register, visit Yogadevotion.com OR complete this form, detach, and return to the Messiah Church office with your check for \$72/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 “Yogadevotion” written in the memo line.

Name(s) _____

Phone _____ Email _____