

CONTEMPLATIVE YOGA CLASSES

Blending movement,
breathing, and faith-
based spiritual
practices.



OPEN TO ALL ● FREE - \$10 SUGGESTED DONATION
COLUMBIA PRESBYTERIAN CHURCH SANCTUARY

FALL YOGA 2026 OCTOBER 12TH THRU NOVEMBER 19TH

Monday Evenings from 6:30 - 7:30pm

Gentle Yoga Dates: 10/12, 10/19, 10/26, 11/2, 11/9, 11/16

A low-impact sequence for full body movement, mental relaxation, and spiritual renewal

Wednesday Daytime from 12:15 - 1:15pm

Chair Yoga Dates: 10/14, 10/21, 10/28, 11/4, 11/11, 11/18

Using chairs for sitting as well as balance, this class focuses on maintaining range of motion without getting on/off the floor

Thursday Daytime from 12 - 1pm

Gentle Yoga Dates: 10/15, 10/22, 10/29, 11/5, 11/12, 11/19

A low-impact sequence for full body movement, mental relaxation, and spiritual renewal

➞ Questions? Contact Stephanie Bisch at scbisch@gmail.com