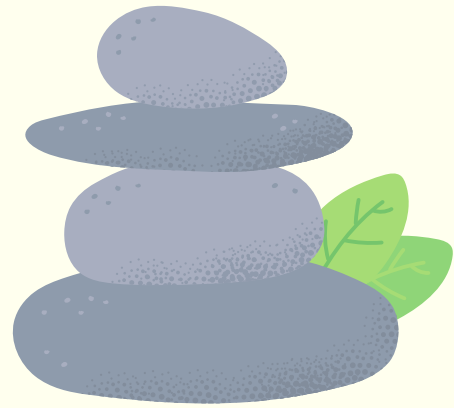


# CONTEMPLATIVE YOGA CLASSES

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



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

## TUESDAYS

### **Yin Yoga**

6:45 - 7:45am

A slower-paced class with postures held for 3-5 minutes

### **Chair Yoga**

8 - 9am

Using chairs for sitting as well as balance, this class focuses on gentle movement

### **Yoga for Parents**

9:30 - 10:30am

45 minutes of deeply relaxing Restorative Yoga followed by 15 minutes of discussion, designed to refresh from the challenges of parenthood

## THURSDAYS

### **Yoga & Christian Faith**

11:30 - 12:30

30 minutes of gentle yoga followed by 30 minutes discussion about yoga's similarities & differences with the Christian faith

### **Yoga for Parents**

1 - 2pm

45 minutes of deeply relaxing Restorative Yoga followed by 15 minutes of discussion, designed to refresh from the challenges of parenthood

