



Holy Yoga Series at First Baptist Church of Penfield

"Lord teach us to pray." Each week we will become a living prayer; praying together the prayer that Jesus gave us. Gentle, slow flow Holy Yoga will stretch us in heart, mind, body and soul.

All are welcome.

Join us for a 6 week series:

Thursdays October 6 – November 10th, 6:30 PM.

\$10 per class. Please bring your mat.

First Baptist Church of Penfield

1862 Penfield Rd, 585-586-2876

www.fbpenfield.org/

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