

Yoga as Embodied Spiritual Practice

Facilitated by Julie Kerr-Berry

{Five-Sessions, 2025}

Please join me in a spirit-filled, breath-based practice of yoga. No experience necessary. Everyone is welcomed. We will be in sanctuary seated in the pews. There may be some opportunity to stand if participants wish. Consider this, the word “spiritus” is a Latin word for breathing. With every breath you take in and out, the breath of God enters and releases from your body and connects you to your fellow humans. Let’s gather and connect to one another. Option to bring a water bottle.

Time: 4-5p

Day: Tuesdays

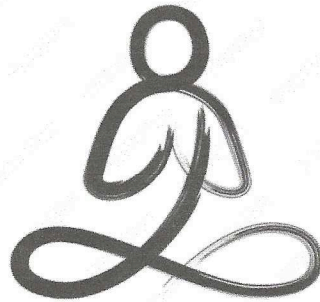
Where: Moravian Church Sanctuary

What to Wear: loose fitting clothing

Dates: November 4, 11, 18, 25; December 2

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Cost: Free



Feel free to come and observe as well. No need to commit to the entire 5 weeks—come and go as you please.