

Yoga

Rev. Lisa Smith Fiegel will offer yoga for all levels in the Sanctuary on Thursday, June 11, at 10:00 a.m., following our opening devotional. This is an opportunity for us to begin our time together by honoring our sacred bodies and taking time to care for them as we enter into our holy conferencing session. If you live in the Anchorage area and have a spare mat to share, please bring it. Whether you are an experienced practitioner or completely new to yoga, all are welcome.