



Dynamic Flow Yoga
Newman Congregational Church
Saturday Mornings
8:30 – 9:45 AM

(Confirm on the church online calendar for all dates.)

- \$5.00 suggested donation
- Bring a yoga mat, blanket and water bottle

Come join your church family as we practice meditation in motion through the ancient art of yoga. Flow from pose to pose as we develop a deeper relationship between mind, body and spirit. Let your body rejoice in the movement and your mind be present.

