

Christian Yoga: Classes

Taught by Rev. Meghan Davis, RYT

Winter Schedule

Tuesdays 6:30-7:30am Beginning January 3

Wednesdays 1-2pm Beginning January 4

Saturdays 9-10am Beginning January 7

Mondays 6-7pm Will be offered if there is sufficient interest.

Let us know if you are interested!

Classes will be offered in 5 class sessions.

After your first trial class, please support this ministry with a sliding scale donation of \$10-\$30 for the remaining 4 classes of the session or \$2.50-\$5.50 per “drop-in” class.

No one will be turned away for lack of ability to donate!

FAQs about Christian Yoga

What is Christian Yoga?

Christian Yoga uses the same postures and poses as traditional yoga to **strengthen** the body and improve **flexibility** and **balance**. We learn in scripture that the body is the temple of God, so it's important that we take care of it! Yoga is also a wonderful way to **relax** and **de-stress**. While secular yoga ends with the physical benefits of yoga, Christian yoga incorporates **scripture**, **prayer** and **Christian meditation** taking the practice beyond the physical and into the **spiritual**. A chance to rest and relax in God's presence, thanking God for the miracle of life and the opportunity to move and breathe in our amazing bodies while getting centered with Christ. **Please join us!**

Isn't yoga Hindu?

The practice of yoga is a physical methodology, not a theology or a religion, that predates Hinduism. While we are mindful and respectful of the centuries-old connection between yoga and Hindu tradition, yoga can be practiced as part of any religion or no religion at all.

How do I know I'm not worshipping other gods when I'm practicing yoga?

Worship is all about intention. You can't worship any gods without intending to. Just as you can eat bread and drink wine without taking communion, you can do yoga without worshipping Hindu gods. In Christian yoga, we intentionally worship the Triune God: Creator, Christ and Holy Spirit.

What are the instructor's qualifications?

Rev. Meghan Davis received her training at Yahweh Yoga in Chandler, Arizona. Yahweh Yoga is the only Christian yoga school recognized by Yoga Alliance, the professional yoga organization in the United States. Meghan is both RYT (Registered Yoga Teacher) with Yoga Alliance and YYT (Yahweh Yoga Teacher) with Yahweh Yoga. And, of course, Meghan is an ordained pastor in the Presbyterian Church (USA).

Open to the public. Please join us!