

AT MOUNTAINSIDE UNITED METHODIST CHURCH



Holy Yoga classes are taught by Connie Patterson, a certified Holy Yoga instructor with specialty certifications in chair/senior yoga, plus sized yoga and yoga with weights. Participation is limited to those 18 years of age and older, as the instructor is not certified to teach kids Holy Yoga.

There is no cost to attend. Classes are currently offered on an ongoing basis. If any East Mountain Schools have a weather delay or cancellation, morning classes will be cancelled. There may be periodic cancellations when the instructor is unavailable. Contact Connie for information 505 286-2445 or conniepatters@q.com.

TUESDAY 9:30 AM - CHAIR HOLY YOGA

This class is perfect for someone who does not want to get up and down on the floor or to bear weight on hands/wrists and knees. Don't let the chair mislead you. You can benefit from exercise in a chair more than most people think. Please wear comfortable clothing that does not restrict movement. No special equipment/gear is needed, except on the third Tuesday of the month you may

bring optional added weights of no more than 1 to 2 lbs. each. Water bottles or cans of food may be used as weights.



TUESDAY 6:00 PM - HOLY YOGA MAT CLASS

This is a gentle style class. The first Tuesday of the month will be restorative style. The third Tuesday of the month you may bring optional added weights no more than 3 lbs. each.



If you have them, please bring your own mat, blocks, strap, yoga blanket and eye pillows. You need to bring a bolster or firm pillow to the 1st class of the month. We have a limited number of mats and props for those who are trying out the class before investing in their own gear.

What is Holy Yoga?

Psalm 63 1,4: 'God, you are my God and earnestly I seek you, So I will praise you as long as I live; at your name I will lift up my hands'

Holy Yoga - or any form of Christian Yoga - is not a religion. Rather, it is a physical practice of aligning the body combined with breath work and mindful intention of reliance on God. Holy Yoga was designed for and is dedicated to facilitating the experiential worship and celebration of God through movement and meditation to all believers in and seekers of Jesus Christ.

If you have ever considered the powerful and proven benefits of practicing yoga but have been apprehensive about the intent, Holy Yoga is an amazing opportunity to connect to and glorify God in your mind, body and soul.

Who is Holy Yoga for?

Hebrews 8:2 'There He ministers in the sacred tent, the true place of worship that was built by the Lord and not by human hands'

Holy Yoga is right for you if you are a Christian looking to combine the numerous and proven health benefits of a yoga practice with scriptural teachings and prayer.

This yoga experience is a time of worship, of praise, and of connection to Christ practiced to contemporary and motivational Christian music. It is an experience that teaches us to take time to love, nurture, accept, heal and grow ourselves in His word and in His spirit.

Benefits of Holy Yoga

2 Corinthians 6:16 'We are the Temple of the Living God. Glorify God in your body'

- Improved muscle tone and flexibility
- Increased blood flow and circulation
- Strength building for joints, ligaments and tendons
- Maintaining healthy weight and assistance with Pain management
- Relieves anxiety and reduces stress
- Improves memory and concentration
- Alleviates symptoms of depression and helps balance mood swings
- Promotes happiness and sense of well-being
- Expressive prayer in a very intense yet intimate way
- Understand your intense connection to and reliance on God
- Connect with others and join in a unique Christian worship and fellowship