



Gentle Zoom Yoga

Tuesday morning: 9:45 a.m. to 10:45 a.m.

Wednesday evening: 5:30 p.m. to 6:30 p.m.

Ready to try something new?

Faith's gentle zoom yoga is a great way to try yoga if you haven't before.

It couldn't be much easier with no travel and the ability to exercise out of camera range if you like. The instructor Christa is very welcoming to newcomers, and is supportive and will adapt for personal abilities. For example, some who cannot get onto the floor sit on the edge of a chair.

Christa emphasizes that the most important thing is concentrating on one's breathing, if nothing else, and the experience of putting everything out of one's mind for an hour is an excellent discipline. Christa encourages you to do what you are able, confident that with time and incremental change things become easier.

To anyone who would like to try gentle yoga, please consider this a personal invitation. The class is funded privately. If you try it and like it, donations welcome.

The link is on the church website. Contact the church office if you would like to come so the instructor can be prepared to let you in.