

HEALTHY + WHOLE

Donation-based fitness classes at **MainStreet!**

STONEGATE PLAZA | 5221 SHORELINE DR. MOUND



Holy Yoga is a yoga flow class with a 100% focus on Christ as the center of your practice. A yoga practice combines breath work and meditation with movement to create a well rounded fitness class. The benefits of yoga have been long appreciated for its stress releasing side effects. A \$7 donation is suggested.



INSTRUCTOR

***Jonnie Goodmanson** has a passion for finding God in our body, bringing health by drawing closer to His son Jesus, and helping others to do the same. Jonnie has found a home in the family centered community of Holy Yoga. Come experience what Christ can do for you!*

Saturdays @ 9 AM

