

PAX CHRISTI YOGA

2012

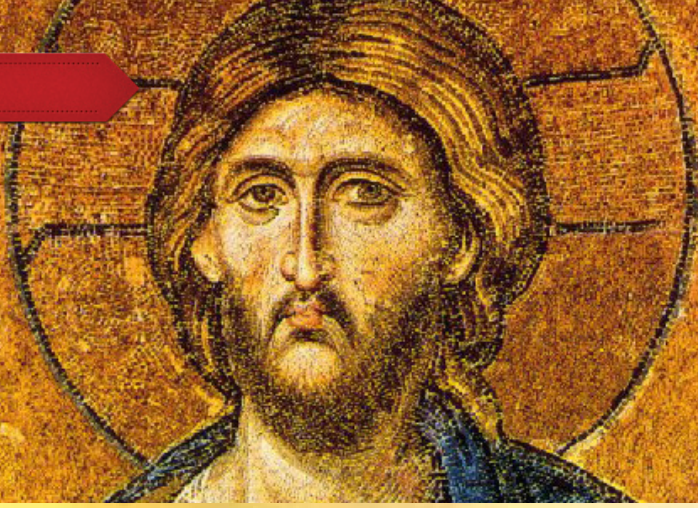
a ministry of First Church Seattle
with instructor Janet Crawley

Saturdays | 9am
beginning February 25
with previews on January 21, 28 and February 4

*...do you not know that your body is a temple of the
Holy Spirit within you, which you have from God?*

- 1 Corinthians 6:19

about



WHAT IS PAX CHRISTI YOGA?

Yoga is an ancient practice uniting the mind with the body, becoming a discipline of presence in each moment. In Pax Christi Yoga we use Christian scripture to focus our thoughts as we move and breathe and align with the inner world of the Holy Spirit.

Preview: Saturdays | Jan 21, 28 & Feb 4 | 9 am | First Church Fellowship Hall

Regulary: Saturdays, beginning Feb 25 | 9 am | First Church Fellowship Hall

WHAT DO I WEAR?

Sometimes, attending yoga for the first time can make you a bit anxious. But don't worry! We'll be focusing on being present in the moment, being calm and flexible. Wear something comfy but also fitted, as you don't want your clothing to interfere with your yoga poses.

WHAT SHOULD I BRING?

Bring a yoga mat if you have one. We will have a few on hand in case you forget. There will also be a basket for you to donate towards the cost of this experience if you feel so inclined.

HOW MUCH DOES IT COST?

Nothing! It's free. Really. We consider this a worship experience for all interested in stretching their mind, body and spirit. We will have a donation basket if you'd like to contribute something, but no pressure.

First Church

First United Methodist Church of Seattle

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