



Pax Christi Yoga

Embody the Spirit

Saturdays @ 9am

Join us for the launch on
February 25!

We're in the neighborhood!

First Church

First United Methodist Church of Seattle

180 Denny Way | Seattle, WA 98109

firstchurchseattle.org/paxchristiyoga

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. Hence the name, Pax Christi, or "Peace of Christ."

As a progressive community that cares deeply about the whole person, we hope you'll join us for this new worship experience!

Prepare to be stretched on Saturdays at 9am, beginning February 25. Pax Christi Yoga is free [donations welcome].

The first ten people will receive a free gift!
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