

Christ-Centered Yoga & Walking Club

WHO: Ladies & Youth age 12+

WHEN: Thursdays, 7.30 pm
beginning Sept. 9, 2010

WHERE: Downstairs @ **mtzion**

SUPPLIES TO BRING:

(Bring the items from either Option 1 OR Option 2 – *Not both!*)

<p>Option 1—</p> <p>A beginner's yoga kit containing a mat, 1 or 2 blocks, & strap (may be purchased @ Walmart, etc.)</p>	<p>Option 2—</p> <p>A towel or blanket A soft belt or robe tie A thick book or firm foam pillow</p>
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For more info see Gayle Thorn

Our Mission: To live in obedience to 1 Corinthians 6:20, *"So you must honor God with your body,"* by placing & keeping Christ at the center of our lives, and to glorify God as commanded in Romans 6:13, *"Give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God."*