

YOGA with Adam every Sunday at FPC - Beginning Feb 4th

Time: 3:00 - 4:15 p.m. every Sunday
beginning February 4th

Place: Fellowship Hall

Childcare: Will be available, but please [RSVP](#) on the Friday before class to ensure there is enough coverage in the nursery.

Cost: Freewill offerings accepted for the church, but are not required to participate.

Who is this for: Everyone is welcome. No previous experience with yoga needed, but must be able to stand unassisted for long periods

What to bring: Yoga mats and props will be provided for the first 15 participants, but feel free to bring your own mat if you have one. Recommend wearing comfortable clothing, should have some stretch but not be so baggy that you might get caught on it.

About Adam:

I am a registered yoga teacher at the 500-hour level (500 RYT). I first began teaching 6 years ago and have been practicing yoga for more than 17 years. In that time, I have practiced a variety of yoga styles incorporating meditation, pranayama (breath), and asana (movement). As yoga was originally developed to assist Ascetics in meditation and prayer, I believe it provides an excellent opportunity to deepen our communion with God.



Yoga can be accessible and rewarding for everyone regardless of mobility/flexibility. Being a big guy, I offer some proof that this practice can work for anyone. My teaching philosophy is grounded from the yoga sutras: "No failure is ever really a failure unless we stop trying altogether." A lifelong practice does not mean we are all doing full splits, but rather that we are

pushing ourselves and growing. In line with this philosophy, I try to facilitate a safe place where we can challenge ourselves (whether mentally or physically) each time we come to the mat.

“May my meditation be pleasing to him, as I rejoice in the Lord.”
Psalm 104:34