

Christ Centered Meditative Yoga
Mondays 6-6:45 pm, EST
Online and In-person

What to expect:

- A holistic practice that engages your mind, body, and spirit by combining breathwork (pranayama), yoga poses (asana), and meditation (on the Word).

Who can attend?

- People of all fitness levels and abilities are welcome.
- People of all faiths warmly welcome.
- Please arrive 15 minutes early to in-person class if you need modifications.
- Online students, please email becky@christcenteredyoga.com to discuss modifications.

What's the cost?

- In-person options:
 - \$14/class drop-in
 - \$10/class w/pre-purchased class packs:
 - 4 class pack (\$40)
 - 8 class pack (\$80)
 - \$8/class for active students, military, clergy, and civil servants
 - Cancer Warriors are always free!
- Online options:
 - \$10/class single purchase or class packs:
 - 4 class pack (\$40)
 - 8 class pack (\$80)
 - \$8/class for active students, military, clergy, and civil servants
 - Cancer Warriors are always free!

What are the registration steps?

1. Complete the [Registration Form](#) (only once per calendar year)
2. Select your [class experience](#) and payment option
3. Sign the [SmartWaiver](#) (only once per calendar year)
4. Sign the GFUMC Waiver (in-person only)
5. See you in class!

How do I attend the class?

- Online participants will receive a Zoom link for the class upon registration, signed waiver, and payment.
 - If registering Mondays after 3 pm and before 5 pm, EST, please email becky@christcenteredyoga.com to get the link directly. Cut-off is at 5pm
- In-person classes are held at:
Gainesville First United Methodist Church
2780 Thompson Bridge Road

Gainesville, GA 30506

In the Reception Hall. Enter front doors and walk straight ahead. Reception Hall is half way down the long corridor on the right - doors will be open.

What should I wear?

- Comfortable, loose fitting clothing or athletic wear

What should I bring?

- Yoga mat
- Water bottle
- Towel
- Bible