



Fellowship Missionary Baptist Church  
*Equip the Saints for Ministry*

## **“Yoga and Meditation”**

**When: Mondays at 6:30 – 7:45 pm**

**Where: The Center for Families**

**3333 4<sup>th</sup> Street North**

**Minneapolis, MN 55412**

**Instructor: Deacon Earle Phillips**

**Contact Info: 763-577-9024 or 612-588-4709**

**Classes are FREE ~ Public Invited!!!**

Hatha yoga is an ancient holistic system of exercises for health and self-development. It begins with the body as a tangible way to affect all aspects of our being - physical, mental, emotional, and spiritual.

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This class is designed for all levels. It will increase your energy, flexibility, condition, circulation, reduce stress, relax tight muscles and release stiff joints. Using a variety of postures your body will be challenged to align, strengthen and balance. Bring a yoga mat. Please consult with your doctor before engaging in yoga or any exercise program.

