



Healing Flow Yoga

"There is a Healing Flow coursing through Life, blessing our bodies and refreshing our souls." ~Adrienne Ann Ilseman



Experience yoga's total mind, body, spirit benefits by joining our **Healing Flow** community at Alleluia! Each morning class promises to energize you for the demands of the day. Healing Flow Yoga draws on the multi-faceted tools of yoga to help people feel better and live life with more ease physically, mentally, emotionally, and spiritually. In an era of unprecedented stress and disease, Healing Flow Yoga seeks to serve all who desire to benefit from yoga's holistic approach to health and wellness regardless of age, ability, or financial means.

Rev. Adrienne Ann Ilseman is an ordained United Methodist clergywoman who directs Healing Flow Yoga and Retreat Ministries. Rev. Ilseman earned her foundational yoga certification through Moksha Yoga Center in Chicago. She is currently working toward advanced yoga certification in yoga therapeutics from the Healing Yoga Foundation based in San Francisco. She is a passionate teacher and compassionate healer who shares the Good News of God's transforming presence and power with all her students. Visit her website at www.healingflowyoga.com

All students are welcome regardless of age, ability, or financial means. Adrienne Ann will work privately with students with special need to make sure they receive the benefits of this healing, transforming practice. A limited number of yoga mats and props are available for students to borrow. **Childcare is available (summer session only) on Tuesday mornings for a nominal fee. For childcare reservation information or for any questions regarding the Healing Flow Yoga ministry at Alleluia! please contact Adrienne Ann at YOGA@alleluialutheran.org**

The Fall 2018 session runs Tuesday, Sept 11 – Tuesday, Oct 30, 2018.

The 6-week Holiday Series runs Tuesday, Nov 6 – Tuesday, Dec 18, 2018. No class on Nov 20th.

Classes are held on Tuesday at 9:15-10:30am in The Underground Youth Center.

You are always welcome to drop-in to **ANY Healing Flow Yoga class** and pay the drop-in fee of \$15 (\$10 drop-in fee for students ages 16-24 years). Or, you may purchase a 10-class pass on-site from the instructor, or by following the link below, \$130 + \$5 online processing fee (\$13 per class, 6 month expiration).

Class Passes are non-transferable and non-refundable.

CLICK ON THE [BLUE](#) LINK BELOW TO REGISTER ONLINE AND PURCHASE PASSES

[Healing Flow Yoga - Tue. 9:15-10:30am \\$135](#)