

Align Meditative Exercise

"Daily dwell on God's promises to you. Hide them in your heart and always remember, "Not one word has failed of all His good promise."

1 Kings 8:56

Cultivate a discipline to hear from the Lord and hide his Word and promises in your heart through Align Meditative Exercise. With every breath and movement, we will be meditating on scripture, with Christ centered music and prayer. Bring a yoga mat and water. (If you have blocks, towel or stretching straps please bring them.)

MONDAYS: NOON

1/7, 1/14, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11

SATURDAYS: 9AM

1/19, 2/16, 3/16

Instructor: Joanna Rodriguez

WEDNESDAYS @ 7:15PM

1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13

SATURDAY 3/9

Instructor: Vania Almeida

SATURDAY 2/9 ALIGN TO ALL SHALL BE WELL CONFERENCE

JOIN US FOR GENTLE & SLOW FLOWS
\$10 SUGGESTED DONATION PER CLASS

NEW CITY CHURCH
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