


Join us Sunday the 28th for our very first pop-up yoga class at the Wimberly Center! This class is for all levels, but is perfect for beginners. Class is conducted from the floor, and includes weight bearing postures on the hands and knees. Other postures are practiced from a standing, supine, prone, and seated position. Each class includes breath work, and a biblical scripture meditation and/or reflection.

*Class is located in the Wimberly Center's demo kitchen.

*Cost: Love Donation.

*Please arrive ten minutes early to get settled and fill out a waiver.

Class is taught by Claire Williams, a 200hr RYFT and Lead Trainer.



YOGAFAITH AT THE Oasis

POP UP YOGA CLASSES AT THE OASIS

- Stay tuned for monthly offerings!
- All offerings are from a faith-based perspective. Sessions include biblical scripture reflection and/or meditation.
- Where?: The Wimberly Center in Winder, GA.
- Cost?: Love Donation.

◆ CLAIRE WILLIAMS 200 RYFT