

Prayerful Yoga ~ Spring 2015

Saint Paul Church, Kensington

March 26th April 23rd May 21st

You are invited to begin or expand your Prayerful Yoga experience.
Come and enjoy an evening of meditation, movement and prayer
and become better aware of our indwelling God and better grounded in peace.
The spiritual, physical and stress-reduction benefits will carryover into our daily lives!

Please bring along family members & friends ~ everyone can benefit!

Beginners welcome!
\$25.00 per session

*** Make your reservation TODAY ***

*** Payment and registration is due ASAP ***
Please bring a Yoga mat and a blanket

Prayerful Yoga runs from 7:00 p.m. ~ 8:30 p.m. in the Church Hall

Please submit the completed form below and your check made payable to "Saint Paul Church", Attn: Aileen M. Kennedy / Prayerful Yoga via the collection basket, the drop slot at the Parish Center or mail to Saint Paul Church, 467 Alling Street, Kensington, CT 06037

--PRAYERFUL YOGA

Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

E-mail address: _____

Please check: _____ Mar. 26th _____ April 23rd _____ May 21st

Please don't hesitate to call Aileen M. Kennedy with any questions (860.212.5753)

