



yogadevotion
practicing in the Presence

May 16-20, 2022

After the Storm:

PREACHING AND TRAUMA

Faith Based Yoga Classes

Room 114 at Trinity UMC

8AM—Slow Flow

4PM—Yin & Meditation

Tuesday May 17

Wednesday May 18

Thursday May 19

Friday AM May 20 *No afternoon class.*



Visit yogadevotion.com for:
Yoga Certification, The Book, Retreats, Classes and more!

