



**Begins Thurs, Sept 20 . 6:30-7:30**

Epworth UMC Fellowship hall

\*\*\*\*\*

\$75 for 8 sessions or \$10 for walk-in

**CHILDCARE WILL BE PROVIDED**

*Holy Yoga is an experiential worship created to deepen people's connection to Christ. It exists to carry the gospel to the ends of the earth through the modality of yoga.*

### **MEET THE INSTRUCTOR**



Leslie Wagner is a lifelong resident of Cabarrus County and was certified as a registered Holy Yoga Instructor May 2017. She began teaching classes in Concord, Kannapolis, China Grove, Harrisburg, Huntersville and Mooresville quickly after her training and has since taught close to 200 sessions. Leslie is passionate about helping others expand their repertoire of breath, movement and mindfulness and sharing the unconditional love of Jesus to her home community!

Leslie is excited to help develop a sense of belonging in community and connect people to Christ and to each other through the modality of yoga. We hope you will join in on renewal of heart, mind, body and spirit and begin a practice of living beyond yourself!

**Contact Teresa Gray for info**  
[epworthchildren@epworthnc.com](mailto:epworthchildren@epworthnc.com)  
**704.239.3811**