

Holy (Chair) Yoga!



Holy Yoga invites God into your workout routine with inspiring music as well as prayer and scripture. Perform the usual yoga breath work and postures that strengthen and tone while being uplifted by spiritual practices.



Every fourth Wednesday, 1 P.M.

23500 Pare Street

St. Clair Shores, 48080

RSVP required.

Call to reserve your chair; class is limited to 18.

(586) 777-7761

