



Group: Yoga

Purpose: Our purpose is to honor God through movement and exercise. At Crestwood, it's the practice of connecting our entire body, mind, and spirit, with God; the Father, Son, and the Holy Spirit. Whatever struggles, frustrations, busy-ness, etc., you are facing - we leave it all at Jesus' feet. For an hour we are truly centered in Christ's presence.

Demographic: Open to everyone...men, women and kids.

Leaders: Sherri Stegall and Kristin Killough

Meeting Information: Every Tuesday & Thursday 4:30 pm Chair/Limited Mobility and 5:30 pm "Advanced Beginner" Yoga in the Activities Building.

Type of Group: Open (join anytime)

Additional Information: We have extra mats. Dress in modest, easy to move clothing.

How to join: Just show up! There is a liability waiver that you will be asked to sign and provide your email address for contact in the event class must be canceled. You can find this on our website or in the foyer of the Activities Building when you arrive.