

# YogaDevotion

*The physical practice of yoga stills the mind and opens one to the relationship God intends with us. Being still creates a space to allow God to touch our hearts, bring clarity to our thoughts, and stability to our emotions.*

Eight Week Series  
Mondays  
January 10—February 28, 2011  
6:30-7:30 PM  
New Session Starts March 7

\$50 fee, payable to First Presbyterian  
Church of White Bear Lake

YOGA DEVOTION IS NOW  
BEING HELD AT  
FIRST PRESBYTERIAN  
CHURCH  
4821 BLOOM AVENUE  
(CORNER OF 5TH AND  
BLOOM)  
WHITE BEAR LAKE



**Call 651-429-3381 for more information.**

Yogadevotion is a Christian based yoga company started in 1999 by  
members of the White Bear Lake community.

