



PLS YOGA

Power • Love • Self-Discipline

2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Christian Yoga and Viniyoga Classes

instructor: joanne moerbitz, RYT-500 certified

Christian Yoga : Monday, 9:30 a.m.

The Christian Yoga class is a Level 1-2 vinyasa-flow practice for the body and soul, that helps students become healthy and strong, both physically and spiritually. Each class focuses on a specific bible verse as we move and meditate on His word.

Viniyoga: Tuesday, 1 p.m.

Viniyoga will benefit the athletic and the non-athletic alike. It adapts the various means and methods of yoga to the unique condition, needs and interests of each individual. Whether you have a bad back, stiff neck, sore/tight hips, anxiety, or any number of other ailments, Viniyoga will stretch and strengthen your whole body and mind.

Call for information • FIRST CLASS FREE

uma.lakeville@yahoo.com • 952-985-0742

Come visit
us at



Ultimate Martial Arts
& Fitness

20137 Idealic Avenue • Lakeville, MN 55044