



# OPEN TO GRACE

## Christian Yoga

Welcome to my yoga class series, my name is Sandy Patrick. I am fully insured and registered with Yoga Alliance as a Registered Yoga Teacher and I am also a certified Yahweh Yoga Teacher. I have 10 years of yoga teaching experience and warmly welcome you to Yahweh Style also known as Christian Style Yoga.

My website: [www.opentogracechristianyoga.ca](http://www.opentogracechristianyoga.ca) please save under your favourites for future class information!

Facebook Page: **Open to Grace Christian Yoga (public site)**

[www.yahwehyoga.com](http://www.yahwehyoga.com) visit their website, I am a graduate of Yahweh Yoga's teacher training academy.

If you interested in joining the **Open to Grace Christian Yoga student group** on **FACEBOOK**, please let me know and I will add you. Only my students have access to this group. I will be posting inspirational quotes and my schedule, and up to date information on my classes etc. so please join in! Let's stay connected through Facebook!

### **What you will need for classes:**

**Chair Yoga**, I suggest you wear non-slip socks or slippers. Another option is to wear water shoes as they allow you to move your toes and feet but are non-slip. Most of our practice is from a seated position and we also do standing work using the chair to help with balance as needed. Please arrive 10 minutes prior to class start time to get set up and comfortable!

**Gentle Journey Class and Faithful Flow:** Please bring your own yoga mat (can be purchased at Wal-Mart, Winners, or Canadian Tire for about \$25). A standard mat is 4 mm thick, however you may want a thicker mat for comfort, they come in sizes up to 8mm. Also a water bottle is a good idea. Please arrive 10 minutes prior to class start time to get set up and comfortable! A limited number of yoga mats are available to borrow.

**During the transition seasons:** Please leave outdoor footwear at entrance and bring slippers

### **Refund Policy:**

A refund is available only for medical reasons and is based on the number of classes left in the series. Please ask for printed registration and refund policy as needed.

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