

Unity Christian Church of Memphis

Affirmation: I Am Fit to Thrive in 2025.

Yoga Instruction

Improve your Strength, Balance, and Flexibility.

Sessions Begin
Saturday, September 13, 2025

9:30 am - Mindfulness Meditation

10:00 am - Yoga Class Begins

\$10



To Register: Contact Ella Oji (901=738-6216) or
Rosanna Kendall (901-438-6262)