

SAL†

Faith-Centered Flow Yoga

WITH CHRISTIAN WELLNESS COACH & AUTHOR,

Monica Staley



Start your morning grounded, restored, and connected.

This 45-minute **faith-centered flow** invites you to slow down to experience restorative stretching and devotional reflection—creating space to breathe, receive and meditate on God's Word, all set along the peaceful shores of Lake Minnetonka.



After class, stay and enjoy refreshing beverages and meaningful community connection.



SATURDAY, JULY 18TH | 9:00 AM



**Excelsior Commons Park
135 Lake St, Excelsior, MN**

Reserve Your Spot!

EVENT COST: \$30



A portion of the proceeds will go towards the World Vision Clean Water Initiative.



EVENT POWERED BY SALT (SWEAT AND LIVE TRUTH)

A Christian wellness brand dedicated to uniting believers through faith-centered wellness events.

*Move. Breathe. Connect.
Live Truth.*