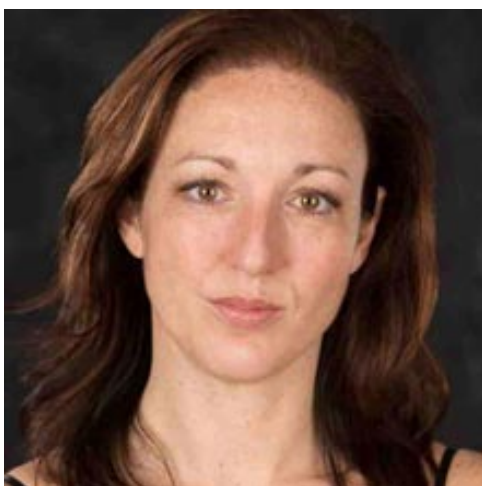




Beginning June 1, yoga practitioners in Beaufort County will have a whole new style of yoga to practice, play and pray with. Holy Yoga, a Christian faith-based practice of yoga, will be led by Beaufortonian and Registered Holy Yoga Instructor (R-HYI) Carrie Carper.

Holy Yoga offers scriptural meditation, breath work and movement that combines Hatha - style yoga with experiential worship and wellness. In addition to helping develop the strength, flexibility and balance that comes with many yoga practices, Holy Yoga aims to unite the believer with the timeless practice of yoga and provide the non-believer a look at the Christian faith in an entirely new light. For information on class times and locations, or to bring Holy Yoga to your home or place of worship, contact Carper at (843) 812-9422 or carriecarper@holyyoga.net.



Carper found yoga after years of dancing, where, for her, the connection of the body, mind and Spirit was always prominent. Initially considering yoga for solely its physical benefits, she quickly learned through Beaufort County area teachers like Marty Crocker, Carol Morrissey, Kim Nichols-Cech and Dragana Pavio-Zappia that it was so much more, a continuation of the dance,

so-to-speak. Yoga is prayer, a way of life, a never ending journey, and a constant state of learning.

In 2013 Carrie felt impressed to consider teaching herself - through the lens of the Christian faith. And so entered Holy Yoga, which ensures a space of non-judgment, grace and love. Classes will be fun, worshipful and open to all - regardless of spiritual preference, background or beliefs. Holy Yoga is 100% yoga and 100% connection of body,



mind and Spirit. Carper currently holds at 225-hour Registered Holy Yoga Instructor Certificate.

"Studying Holy Yoga has quite possibly been one of the best adventures I've ever been on," said Carper. "I knew I was meant to teach when I simply could not stop thinking about the platform it would provide for both believers and non-believers of the Christian faith. Everything belongs to God. I truly believe yoga is for everybody. It is a ridiculously fun and amazing journey."

Holy Yoga can be found at One Yoga Sanctuary, located at 73 Sea Island Pkwy. in Beaufort and at the YMCA of Beaufort County, located at 1801 Richmond Ave. in Port Royal. Carper plans to expand the offerings within Beaufort County to all who will welcome them.