

# MOVING IN PRAISE & WORSHIP

*SOAKING. STRETCHING. DANCING.*

Bring your mat or towel, water, a journal and pen  
and join voices that say...

...I will lift up my hands in Your name. Psalm 63:4<sup>b</sup>

He makes my feet like hinds feet... Psalm 18:33

...The Lord raises up all those that bow down. Psalm 145:14<sup>b</sup>

I can do all things through Christ who strengthens me. Philippians 4:13

LET US PRAISE HIS NAME IN THE DANCE  
Psalm 149:3

Open to all ages - Led by Jessie Schmidt

If you have any questions call Carolyn @ 208-746-8778



**HEALING ROOMS  
WORSHIP CENTER**  
842 Main St. Lewiston

*Fridays 2:30 - 3:30pm*

*March 9th*

*March 16th*

*March 23rd*

*March 30th*

*\$5 suggested donation per class*