

Maranatha yoga



(Christine Pickering, Pauline Steenbergen and Steve Carter)

- Maranatha Yoga is a Fresh Expression made in Cumbria.
- There are monthly gatherings on the first Sunday of the month 330-430pm on Zoom and in churches around the UK for people of all Christian denominations and traditions, as well as those who are seeking or searching. Contact us to join in. The gatherings are free or donation based.
- Bishop James authorised Maranatha Yoga as a Christian ministry linked to the Diocese of Carlisle in October 2021.
- The leadership team are linked to South Carlisle Mission Community. Their partner churches are St Elisabeth's, Harraby and St John's Upperby churches. Rev Richard Goodfellow is their pastoral support.
- Christine Pickering, lay minister, is the founder of Maranatha Yoga and her illustrated handbook was published in 2019.
- Rev Pauline Steenbergen, a Church of Scotland minister is the Team Leader of Maranatha Yoga
- Rev Steve Carter is a retired Anglican vicar and Associate Leader.
- Find out more on www.Maranathayoga.org.uk on Maranatha Yoga Cumbria Facebook Group and on YouTube or email us Maranathayogacumbria@gmail.com

“...Maranatha Yoga is a Christian practice of Yoga. The various yoga disciplines allows us to pray with our whole selves in ways that serve to unite us in body, mind and spirit in preparation for the practice of meditation. This enables us to be ‘at home’ and at one with the inner Christ who, in love, dwells in our hearts.”

Prayers for our pioneer ministry and mission are appreciated.