

Press Release

For Immediate Release

Yoga Chapel Welcomes Alyssa Ruch as New Community Engagement Manager

[Camp Hill, PA, Aug. 8, 2024] — Yoga Chapel is thrilled to announce the appointment of Alyssa Ruch as its Community Engagement Manager. In this role, Alyssa will support Yoga Chapel's mission to equip pastors and yoga instructors worldwide to shape embodied worshiping communities that are available to all and connect people with Christ through a shared interest in yoga.

“Alyssa brings a wealth of experience in creating digital spaces and facilitating meaningful connections within communities,” said Executive Director of the Yoga Chapel nonprofit, Kristin Mooney. “Already, even in these early first weeks in her role, we see her contributions to our social media presence enhancing engagement and collaboration among Yoga Chapel’s diverse members. Alyssa has a gift for sharing words of inspiration and wisdom to spark conversations, partnerships, and creativity, all while helping the Yoga Chapel community members deepen their relationships with the Divine.”

Born in Central Pennsylvania, Alyssa's journey has been one of wandering and wrestling with God, ultimately leading her to a place of service and community building. She currently lives in Marlton, New Jersey, and serves the Greater New Jersey Annual Conference of The United Methodist Church as the Administrator for Connectional Ministries and Program Director of The Bridges Project, a Lilly Endowment grant initiative aimed at bridging churches and their local communities.

Alyssa’s passion for asset-based community development drives her to continually seek fresh ways to harness the gifts and graces of others for the benefit of all. Her personal encounters with God through movement—whether through running or yoga—led her to embrace embodied worship. Alyssa completed her 200-hour yoga teacher training through Pointe of Grace as well as Yoga Chapel’s Pathway to Yoga Chaplain training in May 2024, equipping her to create and hold sacred spaces for others.

"Alyssa’s dedication to storytelling and her commitment to holding space for those often unheard resonate deeply with our mission," said Yoga Chapel’s Director of Spirituality and Leadership Development, Rev. Anna Layman Knox. "Her passion for bringing healing and love to our whole beings, inside and out, will undoubtedly enrich our community and support our Yoga Chaplains as they guide others to explore a fully embodied Christian path enriched by the yoga practice.

Described by friends as “being the first person in your corner,” Alyssa says she looks forward to sharing with each member of the Yoga Chapel community. "No one has to walk this journey alone," she says. "I'm excited to grow with you all in community and in relationship with God."

For more information, contact: Kristin Mooney, Executive Director, info@yogachapel.org.

About Yoga Chapel

Yoga Chapel is dedicated to equipping pastors and yoga instructors worldwide to shape embodied worshipping communities that are available to all and connect people with Christ through a shared interest in yoga. Our vision is to become the leading global resource for exploring a fully embodied Christian path enriched by yoga practice. We seek to illuminate the Christian story for modern listeners and engage those distanced from the traditional Church. Our values embrace the full spectrum of human diversity, striving to cultivate spaces that explore God's love.