



Faith & Fitness: I Can Do All Things (Even Yoga!) Through Christ!

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“Yoga is not a religion.

Its techniques, however, will gradually lead you to the direct experience of those truths on which religion rests.

Yoga is a catalyst that allows us to grow in whichever direction is natural and life supporting.”

-Yoga Sutras of Patanjali, Alistair Shearer

“Therefore, I urge you...to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship.” -Romans 12:1

Namaste: Yoga & Religion

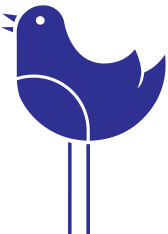
- Genesis 1:27 ~ We are created in the image of God!
 - The Meaning & History of Yoga
- Mark 12:30 ~ We love God with our heart, soul, mind & strength!
 - The Eight “Limbs” of Yoga
- Romans 12:1 ~ We can worship with our bodies!
 - The Importance of Intention in Yoga

Practice On the Mat ~ Psalm 30

Practice Off the Mat

Where can you use INTENTION to worship OUTSIDE of church this week?

Space for Doodling & Notes...



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