



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

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“Not that I have already obtained this or have already reached the goal;  
but I press on to make it my own, because Christ Jesus has made me his own.”  
~Philippians 3:12

“Do your practice & all is coming.” ~ Sri K Patthabi Jois

### Create your own faith & fitness plan!

- Yoga Practice
  - Choose a Bible passage and write it down on the back of this sheet.
  - Use posters, cards and/or internet to find poses that go with your verses.
  - Try these poses, writing down a flow that works for you!
- Breath Prayer (Mantra)
  - Watch video and follow directions to create your own breath prayer/mantra, writing it down on the back. ([http://www.good-sam.com/index.php/about\\_us/devotions/praying\\_as\\_you\\_breathe/](http://www.good-sam.com/index.php/about_us/devotions/praying_as_you_breathe/))

### Your Practice On the Mat!

### Your Practice Off the Mat!

How can you incorporate this practice and breath prayer into your life?

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Your Faith & Fitness Plan



Your Scripture

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Your Yoga Practice

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Your Breath Prayer

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