



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

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“True yoga is not about the shape of your body, but the shape of your life.
Yoga is not to be performed; yoga is to be lived.
Yoga doesn’t care about what you have been;
Yoga cares about the person you are becoming.”
~Aadil Palkhivala

“I give you a new commandment, that you love one another.
Just as I have loved you, you also should love one another.
By this everyone will know that you are my disciples,
If you have love for one another.”
~Jesus (John 13:34-35 NRSV)

Yamas & Niyamas: Yoga & the Christian Lifestyle

- Yamas: Ahimsa (Nonviolence ~ Matthew 5:44), Satya (Truthfulness ~ Ephesians 4:15), Asteya (Nonstealing ~ Exodus 20:15), Brahmacharya (Nonexcess ~ Titus 1:7-8), Aparigraha (Nonpossessiveness ~ 1 John 2:15-17)
- Niyamas: Saucha (Purity ~ Isaiah 1:18), Santosha (Contentment ~ Philippians 4:12-13), Tapas (Self-Discipline ~ 2 Timothy 1:7), Svadhyaya (Self-Study ~ Psalm 139), Ishvara Pranidhana (Surrender ~ James 4:7-10)

Practice On the Mat ~ Psalm 23

Practice Off the Mat

How can you practice the yamas and niyamas this week?

