

strengthen love

"Might someone **young in the faith** be **watching you** and saying to herself, 'You know, she's a strong Christian and loves Jesus. She does yoga... I think I'll take that yoga class being **offered down the street**... Are we responsible for living our lives in such a way as to be a help or a hindrance to the **cause of Christ**?'"

By Laurette Willis, PraiseMoves
praisemoves.com

Why a biblical alternative?

Pursue God's best for yourself and for others. Run the race as if for first place. Build the spirit while strengthening the body.

Rest in knowing that by choosing this exercise over yoga, you encourage others to do the same while not being a possible stumbling block.

Love for one another involves challenging each other in truth and love. (Eph 4:15)

What can you do?

Give the DVDs as gifts to your friends.

Use the DVDs to exercise and relax with your friends—especially those who are considering yoga.

Promote a yoga alternative as a missionary effort at home.

Go through the training to teach certified classes.

If there's a local class, attend it and invite a friend to join you.

Find a stretch routine or alternative to yoga that works for you.

For more information about why yoga is more than just exercise, or if you want to buy DVDs or obtain more related resources and testimonies, start here:

praisemoves.com
christianfitnesskit.com
wholyfit.com
wholyfit.info

action

