

balance truth

Why a biblical alternative?

Exercise body, mind and spirit, while standing firm with the "belt of truth" (Eph 6:14)—keeping far from "the Enemy's line."

Feed your spirit with the Word of God kinesthetically. For example, visually "act out" a verse through a posture or a passage through an exercise routine.

What can you do?

Find or get certified to teach a local alternative to yoga class. Emphasize that this is not "yoga" but an alternative to yoga.

Seek out resources available from these yoga alternatives.

Plan a small workshop or study at your church to educate one another about the Bible and yoga. Use these resources available to 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

"Donning the Belt of Truth means

aligning ourselves with what God

says about us, Himself and His Kingdom.

Spiritual core determines our spiritual **posture** and keeps us from debilitating spiritual pain.

Just as we **concentrate on the position** of our bodies for **best**

performance of each exercise,

we must also position our spirit for performance."

By Laura Monica

WholyFit Devotional Exercise

wholyfit.com

action

