

# bible-based alternative to yoga

Dear church family,

I wanted to share with you a concern I have regarding a spiritual and physical health need in our community.

Yoga has increasingly seemed to meet a lot of the physical, stress-relieving, and other health needs of a number of Christians who attend these classes. Even doctors are suggesting this as a solution for elders, pregnant women, and others who deal with physical or stress-related health issues. It has been used in some churches lately in efforts to meet these needs for believers. But what it's not offering is a safe spiritual environment where all believers feel rest in their spirit, and grow in the Lord and His Word. Becoming comfortable with yoga doesn't help our weaker brothers and sisters—if in their familiarity with it they continue with the potential of eventually taking that path deeper than just the physical.

If you are interested in hosting exercise classes or encouraging the church family in health and exercise as ministry, please consider a yoga alternative that challenges our spirits to grow in holiness and purity while shepherding our family of God in both the areas of spiritual and physical health.

There are at least a couple Bible-based alternatives to yoga which have the immense opportunity for expanding God's kingdom through outreach and drawing believers closer to the Lord, nourishing them in the Word of God.

If you feel led to look into this further, here are a couple alternatives to yoga:  
[praisemoves.com](http://praisemoves.com)  
[wholyfit.com](http://wholyfit.com), [wholyfit.info](http://wholyfit.info)

Please feel free to contact me for more information if you feel the Lord leading you to consider doing one of these through your church or just informing them of the alternatives—there are information cards available to print online that can be displayed at the church. Or maybe you want to simply pray with me for God's movement in this locally. Thank you for taking the time to read this!

In our Savior and Lord Jesus Christ,



strengthen love balance truth express worship

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