

A Self-leadership and Spirit-led Blueprint
to Experiencing Lasting Transformation

STRETCHING YOUR FAITH

*Practicing Postures
of Prayer to Create
Peace, Balance
and Freedom*



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Michelle Thielen

Stretching Your Faith: Practicing Postures of Prayer to Create Peace, Balance and Freedom



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Can you hear God's still small voice among the chaos of today's loud world? Have you ever experienced such intimate and distraction-free worship? Because you were intended to hear from your Creator. You were created for worship. Throughout my dance profession, yoga not only helped me to maintain my flexibility and strength without injury, I soon discovered that it was a physical activity like no other. All of your worship; You could be made entire by practicing the concepts throughout these webpages. I really believe God created everything in the Heavens and on the Earth. You have locations to go, things to do and people to meet! Maybe you are prepared to encounter God for the very first time, or longer for a fresh encounter with the Living Waters? Do you want to get healthy and whole forever? Are you willing to be transformed from the within out? Awesome! I was hoping you would state yes!" God always whispered if you ask me to hold my heart and brain on Him. For in him we live, and move, and also have our being. It is not our business how others make use of yoga or what they established their hearts and thoughts to while practicing yoga. Here, we set our hearts and minds on Jesus Christ and nobody should be able to judge how others worship. He has stuff He needs you to listen to and know. Therefore, I really believe God created the body, how we move and exercise that includes stretching the body. The combination of your faith, and actually stretching your faith, can heal the body, your mind, your spirit, marriage, romantic relationships, business, ministry and so much more. He's attempting to communicate to His children. Every area of your life could be healed, redeemed, restored and made new! I began my yoga journey about 20 years ago as a way to prevent injury while professionally dancing. When was the last period you completely surrendered your all? When I attended yoga exercise classes, often an instructor would incorporate a philosophy such as self enlightenment or tell students to honor "the resource" within us. body, brain, spirit and specifically your soul. I want to share how your daily life can be really transformed by the Living Christ and the amazing present of yoga. My yoga exercises practice began to become Christ centered, but in a silent method. I longed to talk about what He was working in my heart, body and spirit with others. My prayer is that God would speak to you in brand-new and mighty ways through the entire web pages of Stretching of Your Faith and that you'll connect with Him in the most profound and intimate method. Here is to your new beginnings. Your "Chapter Switch". Are you ready to deepen your walk with Christ, hear from Him and also have hidden mysteries, treasures and miracles revealed to you? I would often think, "Yes the foundation is usually within me, it is Christ

alone, not really me, but Him! Don't be afraid of the term yoga, it simply means to be united, or to yoke. Acts 17:28



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It fuses yoga postures, breathing, and meditation all to glorify God through our bodies which will be the temple of the Holy Spirit.. I did not expect this book to be so excellent. I expected it would leave out most of the basic yoga exercises philosophy because of fear that it was not Christian to also consider the ideas. Instructor trainings are comprehensive in Eastern philosophy but are relatively lacking how it pertains to the Bible. Stretching Your Faith and the YogaFaith journey has made my practice comprehensive- Jesus first, Yoga exercise second. I love that there surely is still much to learn from this reserve and I was able to find so many brand-new adjustments, contradictions and deepening options! I have been able to teach multiple classes with fresh material from Stretching Your Faith! Ideal for a beginner, novice or instructor! Great description of modification and pictures!. I recommend this book for anyone who is looking to create a personal relationship with Jesus. Browse the book. Michelle clearly shares her love for Christ 1st and yoga exercises second in her inspiring . Yes, I totally agree!" Michelle poured her center into this publication and it's really obvious. The material goes deep and is definitely well prepared. I studied under another popular yoga exercises training outfit and I am so pleased I made a decision to rejoin and feel the Yoga Faith Teaching.get this book! Michelle clearly shares her like for Christ 1st and yoga exercises second in her inspiring book... One of the best experiences of my life. This Reserve Is a Life Changer! I discovered this book a few months ago and all I can say is WOW! I have enjoyed the physical areas of yoga for several years, but the eastern philosophies which are frequently ascribed to yoga still left me feeling that something was significantly lacking. Then I discovered YogaFaith and Michelle's book, "Stretching Your Faith," and I knew Michelle acquired found a method to redeem a practice for Christ in a manner that I have not seen anyone perform before. I've now completed my 200 hour teacher qualification and of all the yoga books I use, this is actually the one I get back to time and again for inspiration and details...the way that she shows how Biblical history and Scripture are really the basis for our Postures of Prayer, Meditation, and Breath work is convicting and compelling. I enjoyed every pose and meditation practice!e. EVERYTHING), bringing it from the darkness and in to the light. End up being healed and restored by God! I did not expect this book to be so good. Despite having currently attended a "traditional" yoga teacher training several years ago, I knew instantly upon reading the reserve that I wanted to become educated to teach YogaFaith specifically. That is something that it is possible to bring to YOUR community, irrespective of where you are in the world, and we all know this world needs more people sharing the light of Jesus! Life changing!So if you're looking for that something, that ministry that you know in your center is planned for you but you're just not sure what it really is, I encourage you to read this book. There's without doubt in my mind that it is motivated by the Holy

Spirit. As I summary my monologue (sorry people, but is it possible to show I am passionate about this?!), I'll just add that I had the chance to attend one of Michelle's trainings recently, and am working on an online teacher training with YogaFaith as well, and I can tell you that what you observe in the book may be the real offer. I am so inspired by the like for God that the Thielen's and the complete YogaFaith family possess, and I am blessed to possess found this family who's all-inclusive, all-loving, and a classic group who would like to bring the fruits of the Spirit to those around them. Choose the book.. Stretch your faith. This author showed an excellent depth of understanding in addressing yoga philosophy. It brought a complete new dimension to my yoga exercises practice that may only result from glorifying God. I bought it out of curiosity but I . Great Book-well written, complete and spirit-filled I love this text book... I bought it out of curiosity but I really was amazed by the depth. I had currently received my 500-RYT before finding Stretching Your Faith. You won't regret it! She brought light right into a place that Christians have long prevented out of fear. Of course yoga is something special from God.. This is a very thorough book about yoga and integrating . I am thankful for this book. I am so happy to see this evolution in perspective.. This is a very thorough book about yoga and integrating Christ into your yoga practice. This publication explains the branches of yoga exercise, how exactly to meditate and integrating the yogi and Christian life style. I love that there surely is still much to understand from this . The author suggests meditating on God's claims and His Word during your yoga sessions. Photographs and a detailed explanation of each posture is given. If you are looking for a publication that completely explains the concept of "Christian Yoga" that is it! Faith based Yoga that basically made sense to me. This book is amazing and changed my yoga practice so much! Having the ability to connect the biblical aspect to the practice of yoga exercise is normally such a blessing. Michelle will a fabulous job of making yoga both available and understandable. This boook lead me to many great other teaching give through YogaFaith. Healing I would recommend this book for anybody who struggles with anxiety and a broken heart! Just be prepared for this to become a video game changer for you! Beautifully written God inspired book Beautifully written God inspired book! It really is so wonderful to read a yoga book that explains the bond of yoga with The Bible! Bring Jesus and moving prayer to the mat everyday! This is not only a reserve about yoga, but an all-inclusive ministry made to provide Jesus to more folks, to shine and share His light across the world, also to redeem and get back the items God made (I. Christian Yoga - Yes, there is really such a thing!! Like the insight that book brings with a basis of Christianity! Jesus First Yoga Second This book is an excellent resource in which Michelle presents the concepts of yoga through a Christian lens..the first chapter I kept going, "Yes!... It really is such a blessing to truly understand yoga, to

observe how we are able to truly worship Jesus Christ with movement. In order to discover how Yoga and God aren't mutually exceptional of one-another, but rather, compliment each other. It is a must browse for ALL Christian yogis and Christians that may be skeptical of the Christians whom practice yoga exercise. I highly recommend Stretching Your Faith! This is an excellent book. Started my Yoga exercise Faith journey in November. Just what a way to compliment God with your entire mind, body and spirit. I was worried about the Eastern mysticism background of yoga exercises when I began, but Michelle clearly explained how the roots of yoga exercise go back much beyond it's current application in various other religions and how God has created our minds, spirits, AND bodies to worship Him. That is a great book. Life changing! If we can do that in a healing way by coupling our Worship of God with the many psychological and physical benefits of yoga, we are unstoppable disciples for God. So thankful because of this book and how it has helped me to speak even more clearly about how to include a Christian way of life with Yoga. Having by no means done yoga exercise before, I was able to learn how to safely changeover into and out of every pose, their benefits, and how exactly to progress. Michelle and her husband Derek clearly have the Holy Spirit pouring into everything that they do. The best Yoga book available The best Yoga book available.



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