

Stretching Your Faith

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

by Michelle Thielen



Non-Fiction - Health - Fitness

Kindle Edition

Reviewed on 10/19/2016

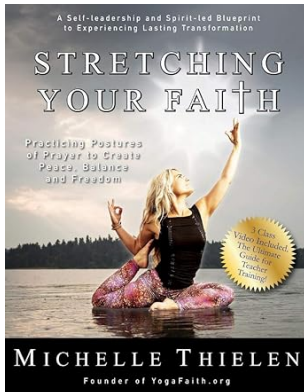
Book Review

Reviewed by Mamta Madhavan for Readers' Favorite

Stretching Your Faith: Practicing Postures of Prayer to Create Peace, Balance and Freedom by Michelle Thielen is an insightful book that speaks about connecting with God physically, mentally, emotionally, and spiritually through the practice of yoga. The author shares her experiences on how her life was transformed by the Living Christ and the amazing gift of yoga. The word 'yoga' means to unite or yoke, and the author speaks about the combination of faith that can heal the body, mind, spirit, relationships, marriage, business, and much more. The principles shared through the pages of the book can be easily practiced, thereby enabling everyone to heal, redeem, and restore every area of their lives.

The book is uplifting and motivational and reiterates the power of Christ in our daily lives. The author seamlessly weaves together her faith in Christ with the power of yoga practice. The pictures of the postures and the explanations on how to do them are helpful to readers to practice at home and draw abundance into the lives of everyone. The book is a great resource and the author does an excellent job explaining the connection of yoga with the Bible.

She explains how yoga is meant to be a personal journey where one can find balance, peace, and wellness - in YogaFaith one can achieve complete wholeness of mind, body, spirit, and soul through Jesus Christ. The book is well written and explains the concept of Christian Yoga; yoking the essence of Yoga to Christian faith masterfully.



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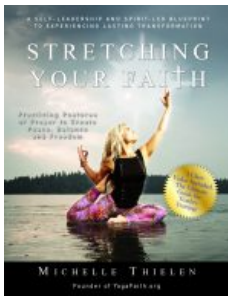


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Author Biography



Called the Yoga Pastor, Michelle founded YogaFaith, a Christian Yoga Association and Leadership School.

Michelle is a keynote speaker who teaches internationally at festivals, conferences, and churches, as well as aids in the rescue efforts of human traffick victims throughout the world. She and her husband reside in Seattle with their three fur babies. In her free time she enjoys travel, singing, modeling, and acting.