

Flex Your Spirit

Discover a new way to express yourself with God through journal writing and stretching

Module 1
FLEX YOUR SPIRIT

Flex Your Spirit

What is flexibility?
What is journal writing?
Similarities between flexibility and journal writing?

Stretch Your Body

- What it is
- What it's not



Benefits of Stretching

- ✓ Melts tension and reduces stress
- ✓ Decreases risk of injury
- ✓ Maintains good posture
- ✓ Increases range of motion of joints
- ✓ Improves muscle imbalances
- ✓ A pure motive delights God

Coming Up Next ...

Module 2
Stretching Strategies that Work
