Advertising your class

Here is an example "blurb" for your class to help explain it to people who want to take part:

Psalms & Stretches **is a gentle exercise class combining movement with meditation on scripture from the book of Psalms. A place where wellbeing meets worship.**

What does a class look like? **We start with prayer and reading through a bible verse from the book of Psalms, while seated on the floor in any position that is comfortable for you. When we're ready to start moving we perform a variety of seated and standing exercises to mobilise, stretch and strengthen our bodies. When our bodies are fully prepared, we return to our chosen passage and set it to actions - matching the words to movements. This 'moving meditation', which we call a Psalm Sequence, is not only exercise but a way to pray through the Psalm, to meditate on the passage, and to connect with it in a visceral way. By committing the verse to our minds and our muscle memory, we fully embody the words and pray out the Psalm with our whole selves.**

The style is slow, there will be options and you are encouraged to go at your own pace. It is a non-impact exercise class, in the "mind body" category - where we focus on breath, rest and stillness also. However, like with any form of physical exercise there could be risk of injury and so, especially while we are online and can't see each other as easily, you need to be fully responsible for your own body. Please wear clothes you can easily move in (some light layers are a good idea) and create a safe, hazard-free space in your home that is big enough for an exercise mat (although don't worry if you don't have one - as long as your floor is comfy!). We have bare feet, or you could wear grippy socks - as long as you aren't going to slip when we stand and move. Please make sure you have filled in our registration form – thank you!

Registration form and PAR-Q: *your link to your google form*

More information and some videos can be found on our website: www.psalmsandstretches.com