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As featured on: **Premier Christian Radio** and in **Woman Alive Magazine**

*Psalms & Stretches* is a gentle exercise class combining movement with meditation on scripture from the book of Psalms. Facilitating a time of prayer and reflection on the Word as well as ministering to our physical bodies; *Psalms & Stretches* is a place where **wellbeing meets worship.**

### Why Psalms & Stretches?

Exercise and meditation are widely recognised for their physical and mental health benefits, and we believe they are God-designed tools to help us thrive in life. As Christians, we recognise that wellbeing isn't just about our physical and mental health, but our spiritual health too. The bible teaches us to pray and meditate, and yet it can be a challenge to set aside quality time to do this amongst the distractions of busy life. We also lead much more sedentary lifestyles than our ancestors and many people have difficult relationships with their body image. What we need to do is make time and space to connect, with God, with ourselves and with others. *Psalms & Stretches* is our response to meet that need, it is an exercise and wellbeing session that puts God at the centre. It's a place to rediscover that we are wonderfully made in His image and were designed to move!

### What does a class look like?

*Psalms & Stretches* was developed by Ruth Carpenter, a fitness and Pilates instructor with over 10 years' experience and a background in contemporary dance. Our programme is now taught by many instructors across the country, all of whom are fitness professionals or dance teachers in their own right, in addition to having done our training. Our class calls on several movement styles to create a series of gentle exercises that focus on breathing, stretching and strengthening. The class can be modified to suit a range of abilities and the focus is very much on going at your own pace and listening to your body. A unique part of our classes is the "moving meditation" - which we call a Psalm Sequence - where we learn a sequence of movement to accompany the words of a chosen Psalm. These sequences are not only a wonderful way to exercise but a way to pray through the passage, to meditate on it, learn it by heart and full embody the word of God. Each class finishes with a time of quiet, relaxation and prayer.

"I absolutely love *Psalms & Stretches* classes; the time spent stretching and meditating on scripture has become a pivotal point in my week, allowing me to take some mental time and space to reconnect spiritually, emotionally and physically."

JULIE WANSTALL, THE BEAR CHURCH  
DEPTFORD, LONDON

### How could Psalms & Stretches be used in my church?

*Psalms & Stretches* is a ministry that meets needs within the church but also provides an open door to the wider community. Exercise and meditation classes are already incredibly popular wellbeing activities and *Psalms & Stretches* is ready to meet this demand with a God-centred approach. The class is accessible, welcoming and facilitates self-reflection prompted by themes from the Psalms, but does not include preaching; it provides an accessible way in for those curious about the bible or a relationship with God. *Psalms & Stretches* works really well as a weekly class as part of your church activities to build your community, and also for one-off events as an alternative and creative worship activity.

For example videos or to find a class or instructor near you, please visit our website: [psalmsandstretches.com](http://psalmsandstretches.com)