

Health, Healing and Wholeness

Stretch & Pray Lent 2021



... for your mind, body and soul.

With Reverend Jemima Strain

Health, Healing and Wholeness

for your mind, body and soul.

This class has been created for beginners of Christian meditation and a range of fitness abilities. For those who are just getting back into fitness to those who are at the top of their sporting level.

Jemima is an ordained Methodist Minister working in the [Mid-Warwickshire Methodist Circuit](#). She has also competed at 3 sports nationally and has a degree in Christian Theology and a foundation [degree in](#) Sports Education. She is a qualified [Mat-based](#) Pilates instructor, aerobics instructor and gym instructor.

[Jemima](#) is passionate [about](#) teaching people how to Pray and Meditate, for it brings freedom and life for your mind, body and soul in Jesus Christ.

Thursdays

1:30pm—[end time?](#)

Starting 6th September

Term time only

[Cost?](#)

