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I was expected to pray this way as often as possible, in groups and in solitude, and I filled journal after journal with outpourings ... In my fourth year of ministry, a friend encouraged me to try a ...

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physical and spiritual health during this time.” In terms of what these strategies mean, Vogler clarifies:

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To the average person, what Field Trip is doing may seem like a fringe practice, but it isn ’ t ... middle of the 20th century and stems from spiritual and cultural practices centuries older ...

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More than a year ago, when the closing of my studio was imminent, my yoga practice was truly tested. Handstands and legs behind the head were simple compared to what was about to take place.

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