



THE MORE YOU KNOW

An invitation to more in your P-FIT Program



PFIT Patron Saint Spotlight St. Dominic

The propagation of the Rosary is attributed to St. Dominic and the order. He also practiced bodily prayer...just as we do in Pietra Fitness. The following examples draw from St. Dominic's Nine ways of prayer and tradition that we use for bodily prayer in Pietra Fitness: 1. Bowing deeply shows humility before God. 2. Lying prostrate is a sign of total submission to God and seeking mercy for sin. 3. Striking the breast is a prayer of penance and sorrow for sin. 4. Praying on the knees honors God and shows penitence and confidence in God's mercy. 5. Standing with palms up or hands clasped in prayer indicates reverence and devotion in the presence of God. 6. Standing with arms outstretched straight to the sides invokes God's grace to work through you. 7. Standing with arms reaching to Heaven asks God for an increase of grace. 8. Sitting down was the posture St. Dominic often chose for meditation, contemplation, and gratefulness. Through our postures we are lifting the soul to God in an act of praise! St. Dominic, pray for us!

OVERVIEW:

- P-FIT Patron
- Take a Posture of Trust
- Preparing for Your Posture Evaluations

This resource is provided for you to enhance your training with additional information, tips, and more as you move through P-FIT.

BE PREPARED:

Arrive prepared to the next Zoom session with Module 6 completed. Have you completed the appropriate practicing teaching? Daily Meditations? Have you been practicing Pietra Fitness? Logs?

Take a Posture of Trust

Welcome to Module 6! During our studies, we begin to see the inner workings of a Pietra Fitness class and how each class is built upon a foundation of Christ. The prayers, meditations, class parts, and music all have a specific role. It is through these components that our participants are able to fully enter into a wellness experience that pours into the whole person.

We look to Our Lord as healer, a savior, and He calls us to wholeness and holiness in a special way through our Pietra Fitness practice.

As you move through your Module 6 studies and your Practice Teaching this month, consider taking a posture of

Jesus, I trust in
You!

trust. Use your tools, schedule well, and leave the rest to God. When you choose to trust and lean into the fact that you are not alone and that God is with you, tremendous things will begin to unfold in your Pietra Fitness Practice and your life.

You may find that your journey as a Pietra Fitness instructor has been a rougher road than you initially anticipated. Maybe you are unsure of how God will use you as an instructor, and you cannot see how it will unfold. Perhaps it is more work than you thought. All we can do is say 'yes' to God today and pray we follow the path He has laid before us. Continue to open your heart to the Lord, and do not worry about what the future holds. We need to follow Him and pray to Him throughout the day. We need to be open to the daily promptings, whether in big or small matters. Giving our hearts to the Lord, following

Him through our joys and struggles, and trusting in Him daily allows us to start thinking as God does.

It is easy to become quick to worry about the future and what it will look like. It is easy to want to give up because it requires a lot from you. In these times, open your heart in prayer and repeat, "Jesus, I trust in You." Allow Him to change your thinking and give you the courage to persevere. His grace is sufficient for you.

God has a beautiful story already written. His grace is present in every moment; you just need to be open to the Holy Spirit.

The words of Pope Benedict XVI are so fitting here, "*The world offers you comfort. But you were not made for comfort. You were made for greatness*". YOU, dear friends, were made for greatness!



Preparing for your Posture Evaluations

During the next three group sessions, we will conduct Posture Evaluations during our group sessions. This is your next step toward your certification as a Pietra Fitness Instructor.

After our spiritual conversation, a Q&A session, and an online Quiz (via Google), we will go into Zoom BreakOut rooms for the assessments. These smaller groups will be moderated by one or two Pietra Fitness Pro Certified instructors. The Conference will cover the current Module's poses only. Each participant will be asked to cue one or more postures and then be prepared to answer a few questions regarding the pose.

Each pose in your P-FIT Manual highlights the important items you should know about the pose. Review this information and practice cueing these poses as a way to prepare for the conference. Your practice teaching hours should come from cueing these poses. Also, know the correct names of the poses.