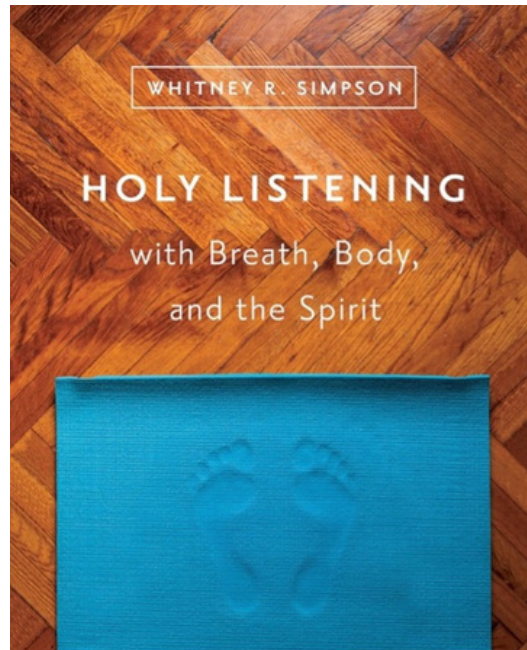


Cultivating RE-CREATION

Book Suggestion



In July as you take time for recreation and time to breathe, this book provides some great suggestions for sensory ways to slow down and use your body to pray. A stroke at a young age caused author Whitney Simpson to slow down. She learned to listen to her body and as she did so, she learned to use her body to listen to God.

Based on her own experiences, the book provides 40 days of short, simple meditations that take less than 30 minutes to complete. Each meditation includes yoga and scripture with reflection questions as well as a breath prayer and suggestions for aromatherapy. There are pictures and descriptions of yoga poses and suggestions for physical modifications

[Find it on Amazon](#)