

MODULE 3

REVIEW WORKSHEET

1. What makes a Church a Cathedral?
2. We are not bishops, so how can we consider ourselves cathedrals?
3. As individuals, we each have a mind, body, and soul. Are these all equal in value? Explain.
4. Why does “body and soul” style exercise feel so natural?
5. What special significance does the San Damiano Cross have for Pietra Fitness?
6. In what way does a Pietra Fitness class offer an experience of goodness, truth, and beauty?
7. *Scripture tells us our bodies are dwellings, and in fact, temples.* Why is this critical information when discerning the difference between Pietra Fitness and yoga?

8. (Fill in the blank.) In the document Jesus Christ the Bearer of the Water of Life, Christians are invited to go out into the world as _____ to share the good news of Christ.

9. Does Pietra Fitness have an official stance on yoga and other practices rooted in non-Christian traditions?

10. Name 2 Vatican documents that are great resources on this subject.

11. How can you answer someone who wonders why some of the poses used in Pietra Fitness look like the ones used in yoga?