

## MODULE 2

# REVIEW WORKSHEET

1. How do you pronounce Pietra?

- A). Pī ah trah
- B). Pee ā trah
- C). Pā trah

2. What do we do at Pietra Fitness?

3. What is our mission at Pietra Fitness?

4. What does Pietra mean?

5. Foundations built on rock are the strongest, and Pietra Fitness is designed to provide the strongest of foundations for what?

6. How is this achieved?

7. Who is the founder of Pietra Fitness?

8. Who is the current chaplain of Pietra Fitness, and what order does he belong to?

9. Pietra Fitness is consecrated to:

10. Who is the main patron of Pietra Fitness?

11. Pietra Fitness has many other Patron Saints. Name 3 others:

12. Pietra Fitness is totally Catholic. Name 3 ways this is seen in a class:

13. While Pietra Fitness is totally Catholic, all people are welcome. Name 3 things you can share with someone who is not Catholic that may make them feel better about coming to the class:

14. What religious icon is used in every Pietra Fitness class?

15. What does the Pietra Fitness Logo represent?

16. In the logo, the blue color represents:

17. Can you describe Pietra Fitness as “Christian yoga” or Catholic yoga”? Why or Why not?

18. It is important to understand that although the term “yoga” has become synonymous with stretching and strengthening exercises, there are many other important aspects to yoga that most people are not even aware of. Name 5.

19. When you practice yoga, are you just exercising? Explain.

20. At Pietra Fitness, our position on yoga is that of \_\_\_\_\_.

21. Name 2 Vatican Documents that are great resources on this subject:

22. In Article #6: ***What NOT to do in Pietra Fitness and Why***, it lists what we do not do regarding the Body, Mind and Soul. Please list for:

BODY:

MIND:

SOUL: