



psalms  stretches<sup>®</sup>

***Psalms & Stretches is a gentle exercise class combining movement with meditation on scripture from the Psalms.***

***Wednesdays 18.00-19.00 UK time (20.00-21.00 Israeli time)***

***On Zoom: 1st session is a Free Taster***

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***<https://crowned-with-love.wixsite.com/ministry/psalmsandstretches>***