

JOINT CLASS

Every Body Matters

STRENGTHENING YOUR BODY TO
STRENGTHEN YOUR SOUL

BY KRISTIE FAVIA & LILLIAN YODER

Every Body Matters (First 3 Sessions)

“This book was a turning point in my life and a paradigm shift in my thinking. We live in a body that not only contains our soul, but affects our soul. Working through this book changed how I approach a balanced and integrated body and soul worship practice, like tending to our bodies to care for our souls and bring glory to our Creator.”

About Kristie Favia

“My name is Kristie Favia, I’m 48 years old, and I am excited to walk through this book with you! I’m a massage therapist and have been in the health and wellness industry for 25 years. And I am passionate about helping others live out their design and step into the good works God has prepared for them to step into.”

