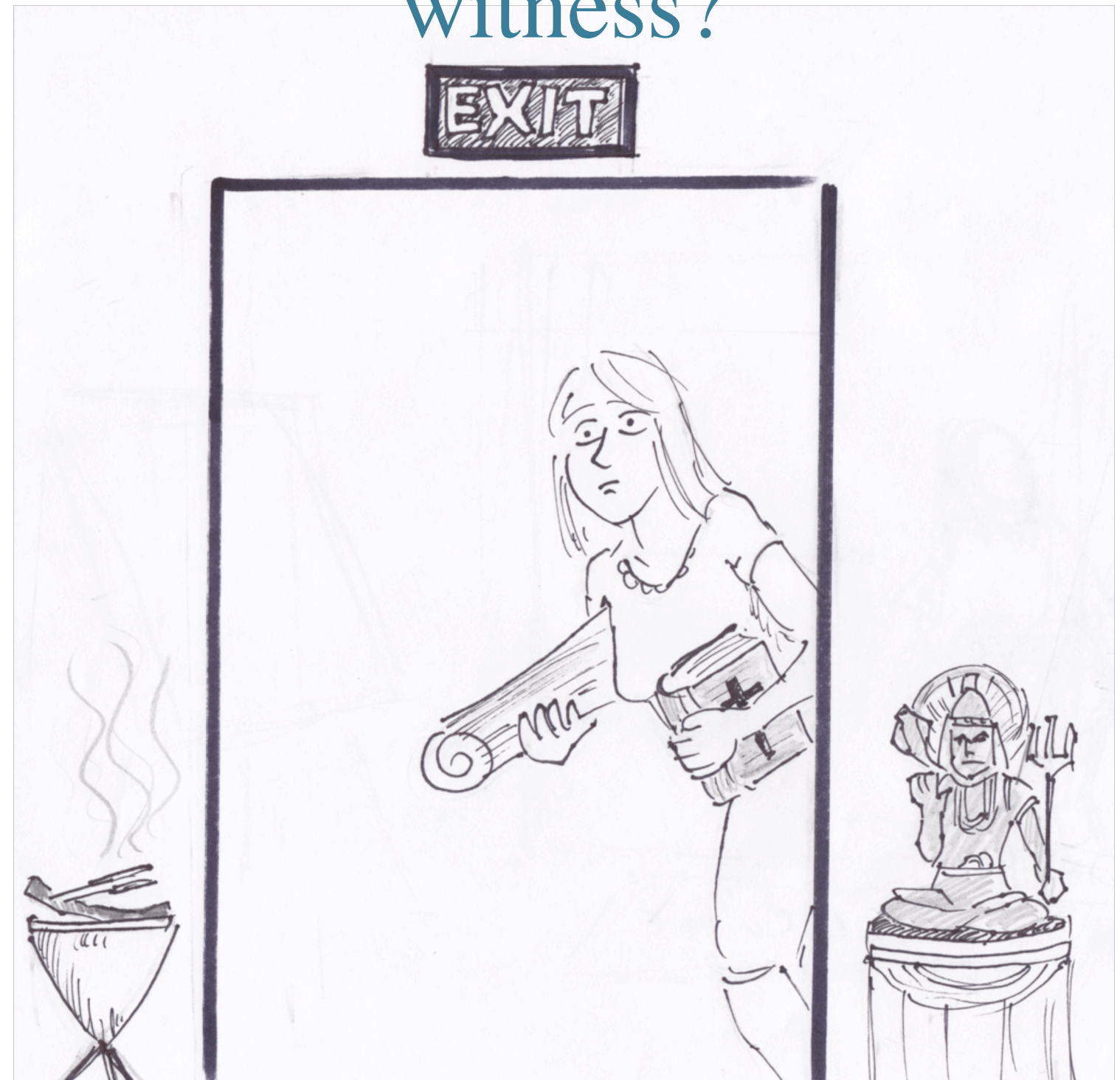


What about going to yoga classes to witness?

*May God himself,
the God who makes
everything holy and whole,
make you holy and whole,
put you together
—spirit, soul, and body—
and keep you fit
for the coming of our Master,
Jesus Christ.*

1 Thessalonians 5:23, 24a (MSG)

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Question: Why don't WholyFit instructors go to yoga classes and trainings to witness?

*I used to go to yoga certifications and classes to witness, but I found through experience that what my mind thinks is good, may not actually be what God thinks -
Laura Monica, Founder WholyFit Devotional Exercise*

Strategy is the key

God's ways are never accidental. He always has a plan. The question is really, "What is God thinking?" As the leader of WholyFit I feel intense responsibility for those in the ministry and have sought God's mind on the matter for specific directions and found that He wants WholyFit to be a focused and defined in ministry. He calls it "Single-mindedness." Our God-given focus? We in WholyFit provide an alternative to yoga in the church (and Christ-honoring) environments to draw people out of the yoga environment/yoga studios/trainings and to bring them into the church (and Christ-honoring) environment to exercise and to get certified to teach mind-body exercise. It's a focused mission. It's what God has called us to do. God's plan includes us! We invite you to join us! His thoughts are higher than ours. We can do nothing on our own power; we abide in the Branch. **When we join together we will be unstoppable. He is waiting.**

Lord, please make us to be one and to operate in perfect unity of heart and mind, under the power and anointing of Your Holy Spirit.

In Jesus' Name, Amen.

Being intentional about ministry

Whatever you do, do it intentionally, under the direct commission of God, in community with the local church, under proper spiritual authority, after much prayer, with a like-minded team of believers. In our experience, God calls us to work in community, not as lone rangers, not by accident and not as an afterthought. **Whatever you do, don't do it all by yourself and don't do it by accident.**

WholyFit's Official Answer

1. God has not called WholyFit instructors to go into yoga classes. (Other ministries might and I don't judge them, but we don't.)
2. I (Laura) believe God is calling Christians out of yoga at this crucial point in history. We in WholyFit, specifically, are those Christians and God has a plan to use us mightily in this generation.

We are anointed and pointed

Christians with the power and spirit of Elijah and a directive to minister to the lost in yoga in these Last Days in a very *strategic* way.

Eyes on Jesus, the Author and Finisher

As you run this race keep your eye on the prize. Keep your hand to the plow. Be intentional in ministry. Is witnessing in yoga an afterthought or was it your initial driving call and purpose ordained by God from the outset? It is certain that the Bible specifically instructs us not to give any of our time, energy, presence or resources to people, organizations or industries, which lead others astray. Since our resources are finite, and because all our resources belong to God, we need to seek God alone on how He would have us use them for the greatest impact for His Kingdom.



- In Jesus,
Laura Monica

Yoking to yoga

The word, “chabar” is the Hebrew word used to communicate “joining” or “yoking.” It indicates making an alliance. What about “yoga” classes that are just exercise?

Christians who are exercise participants, do you really want to put yourself under the authority of any ungodly organization and walk on spiritual ground actively dedicated to working contrary to God?

Christians who are yoga teachers, do you really want to be unequally **yoked**, especially in business or in any partnership?

In 2 Chronicles is a sad story about Jehoshaphat who made an unholy **alliance** with an evil king.

2Ch 20:35, 36 And after this did Jehoshaphat king of Judah join himself with Ahaziah king of Israel, who did very wickedly: And he joined himself with him to make ships to go to Tarshish: ...

Crazy Love

Question: But what about crazy love?

I understand the whole crazy love thing- that we should do anything to save the lost – but there are boundaries. An alcoholic would not be a good minister in bars and if we do go into bars, we should not get drunk. Our presence in the bar should not build the business of selling alcohol to a large extent.

Christians in yoga bring billions of dollars into the yoga industry, an industry that promotes philosophies that lead people away from Jesus.

At the very least, research yoga before you go. Christians, the yoga industry needs us \$\$\$\$. The yoga industry keeps the religious nature of yoga under wraps to appeal to us. I read the Sivananda Companion to Yoga (during yoga certification) that claimed yoga is not a religion in one chapter and then told about an encounter with a “being of white light” in the next chapter! Yoga Journal is a magazine that continually makes contradictory claims like this.

I used to teach yoga

I thought that I could witness by becoming a yoga teacher. During yoga certification I realized that I had to compromise my faith in order to become certified... they were praying to idols, chanting in Sanskrit that they gave their souls “completely to Shiva.” I had my little Psalms prayer card in hand to say outloud while they chanted, but I just couldn’t do it that time. I quit for good. I could not bow my knees in an environment where everyone was bowing to “The Destroyer.”

Daniels’ example

Daniel got thrown into a lion’s den for refusing to bow to the statue when everyone else was. Did he say, “Well I will bow too, but in my heart I will be bowing to God” ? Did Daniel say, “While they are worshiping the statue I will be praying my Psalms prayer card” ? What about the martyrs who refused to recant their faith in Jesus? They could have denied Him out loud but not in their hearts. No, but

Reaching out or joining in?

If you love the people in yoga that’s all the more reason NOT to join in with them because your presence may seem to legitimize it and as a Christian –especially if you are a spiritual leader - people are watching you. Yet many “Christian yogis” register with Yoga Alliance...**Is your class just exercises?** Read on to find out what’s really going on...

rather they chose to suffer death than to publicly deny the Savior! When everyone in the yoga room is chanting to another god, how could I participate? I couldn’t. The Holy Spirit constrained me: But God didn’t take anything away! God gave me something better! He exchanged the old for the new. God is doing a NEW THING!

Instead of teaching yoga, I teach WholyFit.

People like WholyFit better than yoga anyway! Even people in the public don’t like putting up with all the yoga philosophies. They overlook it to get a workout. Maybe many in yoga just never thought of having an alternative exercise system where they could worship the One True and Living God of the Bible, where they could learn all the wonderful Scriptures and words of Jesus. Maybe they just never thought of stretching without calling it “yoga!” Maybe if you just present WholyFit to them you could draw them out of yoga and into the church (or Christ-honoring) environment and all of us could pour out our gifts and talents to worship the One True and Living God and raise up Christ alone as pre-eminent over all.

How to know the difference: Is your yoga instructor registered with Yoga Alliance?

If so, this means that your instructor has submitted to the leadership of an organization dedicated to the transmission of traditional yoga teachings. The Yoga Alliance is a non-profit organization that registers yoga certification schools on the basis that instructors study traditional yoga philosophies like reincarnation, universal spirit, Kundalini, Samahdi, etc...

YOGA ALLIANCE REGISTRATION DOES NOT NECESSARILY GUARANTEE THE SKILL OF A YOGA INSTRUCTOR IN TEACHING EXERCISES. IT ONLY GUARANTEES THAT THE INSTRUCTOR HAS STUDIED THE CLASSICAL YOGA PHILOSOPHIES. Yoga Alliance exists solely to promote yoga philosophies. This is the criteria for registration. (Search “diamond certification” at www.wholyfit.com)

I actually defend the doctrinal freedom of Yoga Alliance, but my question is, **“Why would any Christian submit themselves under the authority of an organization dedicated to the spread of doctrines that contradict the Bible, which lead people away from Christ?”** Can you imagine if any fitness organization required the supervised study of the Bible to meet the criteria for registration? There would be unparalleled public outcry! And yet that is exactly what is happening and many Christians subject themselves to such unlawful, reverse discrimination by attending Yoga Alliance registered certifications, even those entitled, “Christian yoga” certifications.

WholyFit Certification – all the benefits of yoga exercise with none of the philosophies.

WholyFit certification offers the highest quality mind-body fitness certification as a wonderfully Biblical alternative to yoga. There is no need to attend a YA registered school in order to get an excellent certification. WholyFit’s biblically based, fitness-oriented training substitutes Biblical studies for yoga philosophies. Yoga Alliance requires more hours of study about yoga philosophies than anatomy! The anatomy for yoga certification is about chakras and energy centers instead of focusing on musculoskeletal anatomy for fitness pros. WholyFit certification is a much better certification for fitness professionals who want to teach mind-body exercise from a Biblical worldview, learn about God’s creation of the human body!

Let’s dedicate our time, energy and resources to the Church

I had to admit that I wanted to be a part of the yoga culture because it’s cool, you get kudos for it and people give you honor for being in it. They think you’re a “tolerant” Christian, politically correct. But now I’ve taken my place among the people of Jesus, the humble and lowly ones who expect nothing in return. If you go against yoga, you will learn to count it an honor to bear persecution with the people of God. These are the people I long to work beside, to reach out to yogis with: I want to minister together with **the people in the churches.** I want to be amongst the lampstands where Jesus walks. I pine, I ache, I suffer in my spirit for us to be unified together in this.

Boundaries are Priorities

After all, we can’t do everything and be everywhere at once. We only have one life to live. I encourage people interested in serving the Lord through exercise to set some good priorities and boundaries by directing our time and energy in these Last Days to what the Lord has specifically called each of us to. Henry Morris, Ph.D., in his article entitled, “Let them alone” explains that when people are caught up in a false religion it’s best to leave spiritual teachers alone who have made it clear their focus is to teach others false doctrines.

The scripture below contains the word, “chabar” and explains the meaning of which Dr. Morris explains: as

“joined” in Hebrew.

“Ephraim is joined to idols let him alone.” (Hosea 4:17)

**μέτοχος ειδώλων Εφραιμ
ἔθηκεν ἑαυτῷ σκάνδαλα**

Yoga Means “joined” or “yoked”

In the same sense, the word “Yoga” also means “joined” or “Yoked” in Sanskrit. The purpose of yoga is to join with a “Universal spirit” in order to become one with it. Dr. Morris above, points out that the Hebrew word for “joined” **has a connotation of being “charmed” in a magic sense.**

**“Joined” in Hebrew is “chabar”
ךָבַר It conveys a sense of joining
resulting from being “charmed”
in a spiritually magic way.**

(Strong’s concordance #2266: to unite, join, bind together, be joined, be coupled, be in league, heap up, have fellowship with, be compact, be a charmer. ...to unite, be joined, to tie magic charms, charm, to unite with, join, ally, to be joined together) Also see Deu 18:11, Psa 58:5

I have personally been under the dangerous intrigue of the seductive yoga environment and felt the influence of spiritual power that has been given freedom to work against God’s Kingdom purposes and I didn’t even know it. Now my mission in WholyFit is to call people OUT of the yoga environment – out from under the “spell” – and to help them come UNDER the authority of God’s Word and into the church.