

YOGA POLICE

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Can you imagine if all personal training certification organizations required trainees to read the Bible along with performing supervised practice of the Christian lifestyle under the supervision of a Pastor? There would be outcry across the nation! Yet this kind of religious control is exactly what all registered yoga instructors have been required to submit to... in the reverse.



Yoga instructors seeking Yoga Alliance registered certifications are required to practice 50 hours of yoga religious content in the presence of YA Registered teachers who have been indoctrinated by the same process.

Here's how the yoga certification industry works: Internationally, Yoga Alliance registers Yoga Schools, which in turn, certify yoga instructors. Historically, YA polices certification by requiring the study AND PRACTICE of 50 hours of traditional yoga techniques, including mantras and chanting, to be included in all certification curriculums. Skim the 2005,2008 chart below. Please pay special attention to the "Notes on Category":

200-Hour RYS Standards

Category

- 1. Techniques Training/Practice**—Includes asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques. These hours must be a mix between (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves; both areas must receive substantial emphasis.

100	75 (50 with primary E-RYT*)	<p>Contact hours in this category must be in a dedicated YTT environment (into which others might occasionally be invited) rather than in classes intended for the general public.</p> <p>Although Yoga Alliance honors and respects related disciplines and traditions, both contact and non-contact hours are limited to areas that fall within the scope of traditional yoga studies.</p>
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<p>3. Anatomy & Physiology—Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).</p>	20	10
<p>4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers—Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers.</p>	30	20

Notes on Category

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Although Yoga Alliance honors and respects related disciplines and traditions, both contact and non-contact hours are limited to areas that fall within the scope of traditional yoga studies.

<https://www.hightail.com/download/ZUczS3haY3lrEIZU1UQw>

Traditional yoga teaches philosophies plus exercises. In order to be a RYT (Registered Yoga Teacher) a yoga instructor must be certified by a Yoga Alliance Registered yoga school (RYS). RYS yoga Schools are required to teach the supervised study AND PRACTICE of traditional yoga during certification of yoga instructors. Yoga certification teaches theory and practice of exercises like lunges, pushups and stretches that are common to many (if not all) other types of fitness programs. The difference? Intention. In Classical yoga the exercises are supposed to be accompanied by the practice of a yoga spiritual lifestyle. This is not public information, but rather, the spiritual part is taught mainly in person, face to face.

Traditional yoga = classical yoga with philosophies in tact. Due to the process of (RYS) certification, **every yoga instructor (RYT) has been super exposed to anti-christ yoga philosophies for a long period of time**, and has spent many hours in classical yoga environments dedicated to traditional yoga including:

“Traditional Yoga Studies” as defined by Yoga Alliance requirements:

- Yoga Philosophies
- Practice of a yoga Lifestyle
- Asanas (yoga exercises)
- Pranayamas (yoga breathing)
- Kriyas (yoga health practices and cleansings)
- Chanting
- Mantra (repetition of “Ohm,” etc....)
- Meditation (Transcendental)

These hours must be a mix between

- analytical training in how to teach and practice the techniques
- “guided practice” of the techniques themselves
- Quote: “both areas must receive substantial emphasis”

“Guided practice” refers to “Contact Hours.” In other words, according to the above grid in Category 1, practice hours of traditional yoga techniques must be accomplished in the presence of YA registered yoga teachers. Contact hour requirements provide the incentive and opportunity for indoctrination of trainees and perpetuation of yoga's philosophical content. YA “Contact Hour” requirements facilitate “immersion” during certification by ensuring an intensive, face-to-face environment dedicated to the process.

Don't get me wrong. Certification in the fitness industry is good.

It's necessary for standardization of the fitness profession and ensures safety and consistency. It's difficult to be taken seriously in the fitness industry without certification because clients are assured of a certified trainer's expertise. But what happens when certification violates your Christian faith?

Yoga certification teaches exercises used for the purpose of facilitating spiritual practices: doing exercises with *intent* to seek "Samadhi", union with the "universal spirit," or the "divine self." Represented as, 'self-awareness', 'self realization' or 'allowing the student to find their own way,' formerly vague spirituality takes form and has names in a face-to-face environment. I've seen it. You have too, but probably missed it. In this article I will provide my insider view as a former yoga teacher, along with physical evidence by sorting through text anyone can find in print about yoga. Here's what to look for:

- "Ohm" gesture (thumb and middle finger together) - an invitation for Brahman to unite with the soul
- invocations of spiritual entities like Shiva, Brahman
- goddess worship, sun-god salutations
- physical idols in the workout area
- Namaste greeting means, "the god in me honors the god in you"

When I used to teach yoga (I do not teach yoga anymore) I explained to the YMCA that I would not register with Yoga Alliance because I felt it would compromise my faith. They hired me anyway. Of first importance is to understand that YA registration is not necessary, yet both secular fitness professionals and Christians regularly register with Yoga Alliance. Why?

Fitness professionals depend on certification for their livelihood. Any fitness venue requiring YA registration of instructors would commit religious discrimination in the workplace so YA registration is not technically "mandatory." It is, however, industry standard. Yoga instructors submit to religious indoctrination even when they don't adhere to its religious aspects because registration provides networking and business visibility. \$

The most common dismissal I hear is, "**My yoga teacher does not include philosophies in our classes.**" This may or may not be true, but does not negate the fact that your yoga teacher likely paid a lot of money for certification which included their indoctrination into yoga philosophies. What Christians and the general public need to understand is

that “guided practice” of yoga techniques allows for spiritual transference, a person-to-person transfer of spiritual energy. This spiritual transference may influence a yoga instructor in a supernatural way that cannot be readily discerned. For more, read Mike Shreve’s article in Charisma Magazine entitled, “Stretching the Truth About Yoga” which exposes the five reasons that he quit teaching yoga, one of which was the avoidance of spiritual transference. <http://www.charismamag.com/life/health/19347-stretching-the-truth-about-yoga>



The yoga industry aggressively asserts that yoga is not ‘religious,’ yet teaches a specific set of spiritual-philosophical-ethical contents. For example, in the “Sivananda Companion to Yoga,” (a textbook used in yoga certification) the author describes her meeting with a “being of white light” in one chapter and then claims that yoga is not a religion in another chapter. The yoga bibles are highly spoken of in publications like, Yoga Journal, claiming they are philosophical and ethical in content, rather than religious. For example, Yoga Journal quotes John Friend of Anusara Yoga, (my former teacher) praising the Bhagavad-Gita and Patanjali’s Sutras. <http://www.yogajournal.com/wisdom/2565>

By Chris Monica
WholyFit.com Article: Yoga Police
<http://www.wholyfit.com/?p=8157>



The problem is that yoga teachings contradict the Bible and have no power to help people live ethically. According to recent **exposes**, John Friend was secretly a Wiccan Coven Master who performed sex rituals with the yoga instructors he certified. I had no idea when I took his yoga class. **He told me outright that being certified in Anusara yoga would not violate my Christian faith** and yet at the same time, he was actively dedicating every posture to “the goddess” or “the mother.” At the Rice Hotel in Houston TX he passed out prayer cards in Sanskrit to those of us in his certification class, directing us to recite that we “give our souls completely to Shiva” (“the Destroyer”). I said, “No. My soul belongs to Jesus.” A leader replied, “Jesus, Shiva, same guy.” I said, “No...

...Jesus said, ‘The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.’ John 10:1

I quit all yoga for good from that point on. Is prayer to idols not religious? This is not an isolated incident. Word play in the yoga industry is very common, demonstrated by Category 4, Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers.

Yoga Alliance Facelift

Through an ambiguous change in wording, it would appear that yoga certification curriculums may include EITHER meditation OR exercise. **Registration no longer requires any training in exercise!** This is new. The USA Yoga Alliance has made a dramatic departure from the recent past and from the International YA organizational makeup. At first

glance, the allowance of a choice between the study of meditation OR exercise may appear to be an improvement, but Yoga Alliance leaders have inadvertently shot themselves in the foot...

1. What good is any exercise certification that does not include exercise technique?

If clients are not assured of a trainer's expertise in leading exercise, what good is seeking out a certified instructor?

2. What good is certification that does not teach safety and provide consistency?

In the past, the only good thing YA registration did was to prove the expertise of a fitness instructor, but **now there is no logical reason for fitness pros to register with Yoga Alliance at all!** Any exercise certification that does not require study of exercise technique and safety does not help the career of a fitness professional. In fact, there is no reason for Yoga class participants to prefer YA registered yoga teachers and there is no reason for fitness clubs to seek registered instructors!

3. What good is a standardization organization that does not standardize?

YA has become nothing more than an "air guitar" and new wording doesn't change a thing in the yoga industry. **Yoga schools already have their curriculum in place** and the public has never been aware of registration specifics anyway. The new chart is included below. Note the new words, "Topics in this category "could include, but may not be limited to... and other traditional yoga techniques."

If the "Yoga Philosophy" category does not have to include Yoga philosophy, what does it include then? It CAN include yoga philosophy? What if it doesn't? In the Category of "Yoga Lifestyle," how many of the 30 contact hours are required for practice of said yoga lifestyle? Will 30 hours of study of secular business ethics alone replace the practice of Kriyas, TM and "other traditional" yoga philosophy and lifestyle practices?

Reverse discrimination aside, **studying yoga philosophy wastes training time during the certification process.** Yoga philosophies have nothing to do with exercise technique, biomechanics or anatomy. The religious focus of YA can be seen when comparing Categories 3 and 4 below: Thirty hours are required in yoga philosophy compared to only 20 hours of anatomy.

1. Techniques, Training and Practice: 100 hours

Minimum contact hours: 75 hours

Minimum contact hours w/ Lead Trainer(s): 50 hours

Topics in this category could include, but would not be limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques, and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

3. Anatomy and Physiology: 20 hours

Minimum contact hours: 10 hours

Minimum contact hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of five of the above hours must be spent applying anatomy and physiology p

Topics in this category could include, but would not be limited to: human physical anatomy and physiology (bodil anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its i healthy movement patterns, etc.).

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours

Minimum contact hours: 20 hours

Minimum contact hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of 2 of the above contact hours must be spent on ethics for yoga teachers

Topics in this category could include, but would not be limited to:

- The study of yoga philosophies and traditional texts, such as the Yoga Sutras and Hatha Yoga Pradipika
- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
- Ethics for yoga teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching yoga as a service and being of service to others (seva)

<https://www.yogaalliance.org/credentialing/standards/200-hourstandards>

Or <https://www.hightail.com/download/ZUczS3hVNkdoTWw3czhUQw>

The re-wording of YA requirements is really a no-win situation. At least in the past, YA requirements were straightforward. Now registration approval is highly subjective and requirements could change again and again. After all, the categories still exist.

Who continues to approve or disapprove the curriculum in YA registered yoga schools? The Yoga Police.

What good are requirements in an organization with optional compliance? The only logical conclusion is that Yoga Alliance is unreliable, double talking and inconsistent.

Page 8 of the 2014 [Yoga Alliance Syllabus Guide](#) below, insists that Yoga Alliance will ask schools with the “wrong educational category” to comply with YA standards. **Yoga certifications still contain their “Buddha Baggage” and that’s not likely to change.**

EXAMPLES OF OVERALL LEARNING OBJECTIVES

- Trainees will teach hatha sequences for students at beginner, intermediate and advanced levels.
- Trainees will use both energetic and physical alignment cuing in teaching hatha sequences that ground and prepare students for meditation practice.
- Trainees will integrate yoga philosophy from the Bhagavad Gita and the Sutras in designing asana classes.

Screenshot from YA Syllabus Guide for Yoga Schools

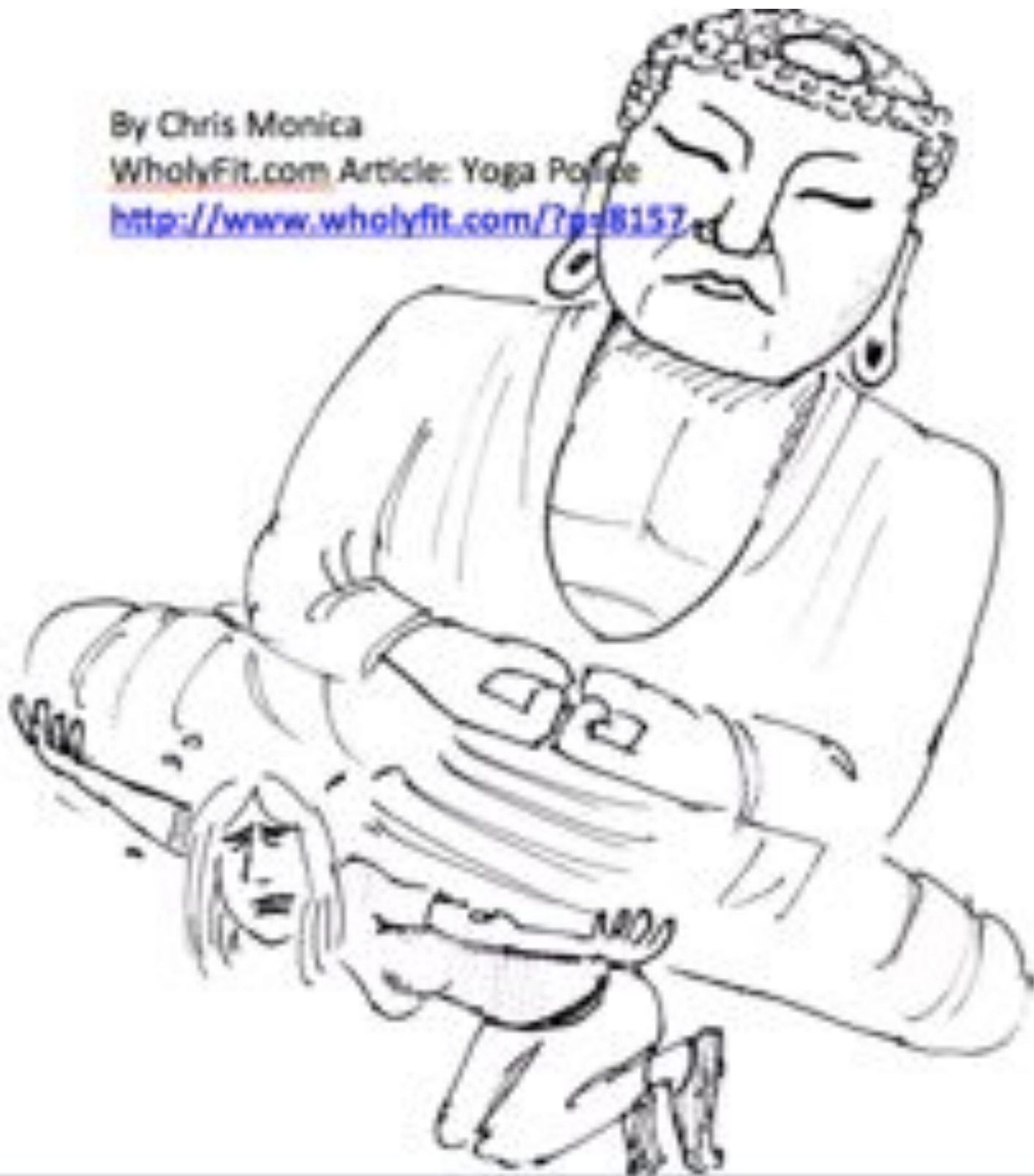
<https://www.yogaalliance.org/Portals/0/credentialing/YA%20Syllabus%20Guide%20final%202025%2014.pdf>

<https://www.hightail.com/download/ZUczS3hVNkdtUUZOeDhUQw>

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“Buddha Baggage”

The vision of Yoga Alliance can be found on many Yoga Certification websites:

Yoga Alliance® supports the study and teaching of yoga, a set of disciplines and practices originating in ancient India that integrate the physical, mental and spiritual aspects of human experience and lead to liberation from suffering.

<http://www.theyogashalact.com/pages/wp-content/uploads/2013/06/TT-Info-and-Application-2013-14.pdf>
<https://www.hightail.com/download/ZUczS3haY3lrEIZU1UQw>

The bible teaches that Jesus alone offers true freedom. (John 8:36). In the quote above, those yoga “practices originating in ancient India” (Hinduism) are defined in the yoga bibles: the Bhagavad-Gita and Patanjali’s Sutras. Sincere yogis insist that yoga can co-exist with Christianity but they don’t understand Biblical teachings. How could they? Christians should not expect them to be able to. They do not have the Holy Spirit and are therefore in spiritual bondage. The Sanskrit meaning for "yoga" is "yoked" to the "divine."



Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? 2 Cor. 6:14

This verse doesn't imply that we should have nothing to do with unbelievers. On the contrary, but close partnerships, especially in business, with those who actively oppose the teachings of Christ is like living under an "unequal yoke." Even if a "Christian" yoga teacher does not include yoga philosophies in classes, if he/she is registered by Yoga Alliance, it **proves past involvement in the philosophical aspect of yoga.** Supporting the yoga industry with money, time and energy contributes to the promulgation of the yoga industry's goals, which are diametrically opposed to God's Word.

The Yoga Alliance motto is, "Many Paths, One Alliance." This can be explained away as referring to the many types of yoga, but it has a dual meaning: yoga also teaches "tolerance" as the acceptance of many different pathways to God.

"I am the way, the truth and the life. No one comes to the Father but by me." - Jesus (John 14:6)

Yoga experts like Dr. George Feuerstein insist that yoga contains the "**complete path**" to enlightenment.

<http://www.traditionalyogastudies.com/about-us/georg-feuerstein/>

Sadly, this is a quote from his wife's announcement of his death: "At this time, I would like to request prayers from the worldwide community for George's transition through the afterlife states and for a swift rebirth." Yoga teaches that Jesus was just another prophet who attained enlightenment, but who do you say that Jesus is? How can you know for sure? What if you are wrong? Yoga teaches that you will have many lifetimes to get it right. The Bible teaches.

"...people are destined to die once, and after that to face judgment" Hebrews 9:27

Christian fitness professionals, who love the people in yoga, must shine our light, pointing them to the only Way, the Truth and the Light, Jesus, the Lord. We do not show love to yogis and yoginis by legitimizing their deception with our participation in their classes and informed alliance with an industry that promotes dangerous spiritual concepts is flippant disregard. **Peoples' eternal destinies are in the balance.**

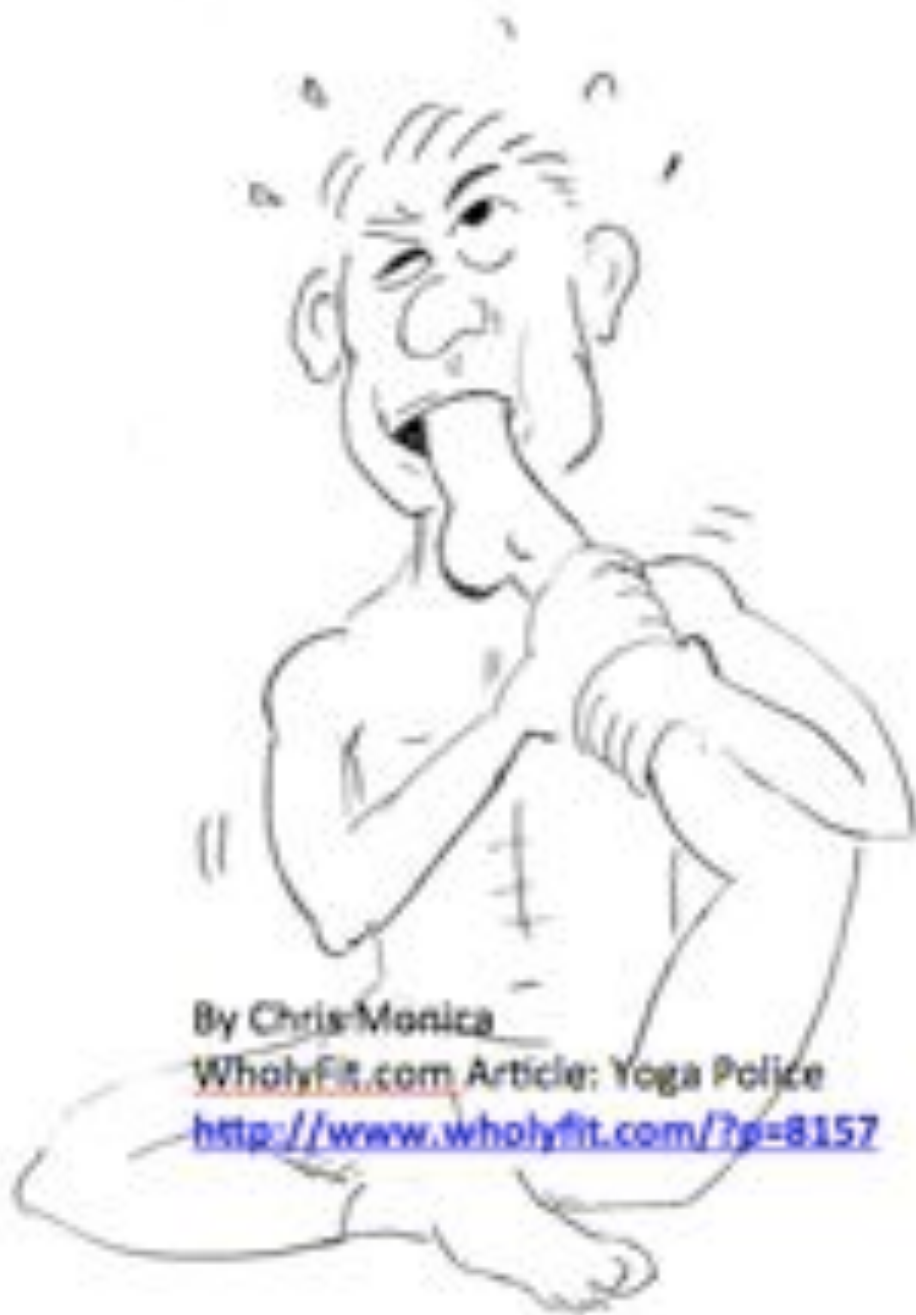
There is a way that appears to be right, but in the end it leads to death. Proverbs 16:25



Feeding the Yoga Beast

So why do Christian fitness professionals still submit to yoga's religious indoctrination during a fitness certification? There is a lack of understanding about the consequences of feeding the yoga beast on a cumulative, global scale. The Apostle John explains the second possibility:

Nevertheless many even of the rulers believed in Him, but because of the Pharisees they were not confessing Him, for fear that they would be put out of the synagogue; for they loved the approval of men rather than the approval of God. John 12:42-43



I used to defend yoga to fellow Christians but ended up putting my foot in my mouth. The good news is that Christians like me are now a part of a mass exodus out of yoga. I hear first hand reports all the time as fitness instructors, disillusioned by the yoga industry, come to WholyFit for alternative exercise certification. They want a biblical choice. For example, even Yoga Fit, advertised as yoga for the fitness industry at its inception, now insets yoga philosophies into the advanced sessions, once interns are highly invested in the program. What happened? Yoga Fit became registered by Yoga Alliance.

I spoke with a nice man at Yoga Alliance to verify my understanding of the wording changes in YA requirements and in his defense; Yoga Alliance has every right to promote traditional yoga values. The behavior problem lies in the deceptive wording this organization uses to Police the fitness industry and control its future. RYT's (registered yoga teachers) are influenced by classical yoga practices and are therefore more likely to pass them on to generations to come.

Swami Nirmalanda Saraswati founded yoga Alliance in order to maintain the philosophical purity of yoga in 1998. It is understandable that yogis promote the YA agenda, but why would a Christian promote that vision too? It seems ingenuous. The vision of Christians is to reveal Jesus to the world.

The highly publicized indiscretions of yoga masters aside, most yoga people are nice and try to live an ethical approach to life; but the Bible says that even the best works done apart from Christ are as filthy rags. All people are hypocrites to some extent. The Christian message to yoga people is not be one of condemnation, but rather, **“Only Jesus can bring you to God.”** All of us have fallen short of the holiness of the One True and Living God. Only by submitting our lives to Christ can we be forgiven and washed clean.

so that your faith would not rest on the wisdom of men, but on the power of God. 1 Corinthians 2:5

People try to fill their needs with yoga, sex, spirituality, material possessions... but only Jesus can make a person whole. Yield your spirit to the authority of Christ alone. Only Jesus was perfect. No one can bring any accusation against Jesus. He was God in the flesh. The Jesus of Scriptures was the perfect Lamb, sacrificed for our imperfections. Jesus died to bear all of our offenses on the cross. Whoever acknowledges Jesus as Lord and Savior will be cleansed, forgiven and brought near to the One True and Living God, just like all the rest of us imperfect people who have come to Jesus and been reborn. Yoga is impotent compared to the saving, healing power of Christ Jesus, the One True and Living God who died to give us life, who is the One and Only Prince of All Peace.

not by way of eye service, as men-pleasers, but as slaves of Christ, doing the will of God from the heart. Ephesians 6:6