

E-book: Reforming Body, Mind and Spirit



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Reformation with WholyFit

VIDEO VERSION

Reforming Body, Mind and Spirit

By Laura Monica

1. Introduction

Hi my name's Laura Monica, Founder of WholyFit. WholyFit offers the benefit of reformation through the Word of God, for body soul and spirit. We memorize scripture through exercise. This video is coming out on the very week that the Bride of Christ, the worldwide Church, celebrates our 500th year since the Reformation. For those of you who don't know what the Reformation is, basically it's about getting back to scripture. It's not about one Christian denomination against another or who is better than another, it is about reading God's Word for ourselves and not trusting someone else to interpret it for us. It's about the truth of salvation by faith IN the person of Jesus Christ.

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

– Romans 12:2



WholyFit is a social hospitality ministry for churches; A way to reach out to the public with fun and friendship in order to create meaningful relationships and invite people into your local church community. Jesus loves the Church, His Bride. The Church is composed of

everyone who believes that Jesus is the only way, the truth and the life. It is filled with those who have come to God but through Him. God sees those of us in His Church as perfect and holy as He looks at us through His Beloved Son. We live “in” Jesus and God sees us through the righteousness of Jesus. Holiness, wholeness and fitness come through Christ alone.

There is none righteous. No not one. Our righteousness is as filthy rags. [Isaiah 64:6](#), [Isaiah 53:6](#), [Romans 3:10,11](#)



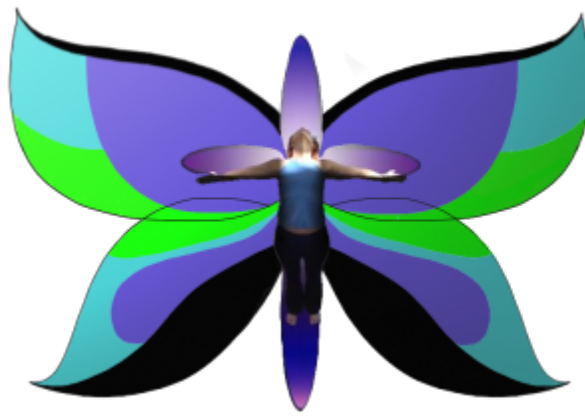
This is what the Reformation is all about, and getting back to God’s Word is what WholyFit is about every day. We love God’s Word and are confident that God’s Word is perfect (2 Tim. 3:16). We choose to allow God’s Word to reform our minds every day. We are being reformed, not according to the world,

but according to the Word of God.

As for God, his way is perfect: The LORD’s word is flawless; he shields all who take refuge in him. 2 Samuel 22:31

2. The Why and How of Reformation, Then and Now

The Church needed reformation in the Middle Ages. Scripture was not available to the common person to read so the common person had to rely on leaders in the church to read it for them. It’s very important, now that we all have access to the Bible, to know what the Holy Scriptures say and read it for ourselves. We all need reformation in so many ways and only the Word of God can transform us.



TRANSFORMATION IN PROGRESS

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

– 2 Corinthians 5:17

WholyFit offers different types of fitness classes, as a sort of Bible study in motion. Memorizing God's Word in this fun way makes our bodies healthy, and heals our minds and spirits as well. WholyFit stretching classes are called Gentle Body Power and they are NOT yoga.

If you want to get scripture into your exercise, calling it yoga is NOT the way to do it. One of the main ways that we stand AGAINST deception and stand FOR the truth is by offering stretching classes, which prove that you can stretch perfectly well without yoga. WholyFit is not associated with yoga at all. Why? The teachings of yoga contradict the very words of Jesus. People may inadvertently call stretching yoga, if they don't know the difference, but stretching is NOT yoga. Yoga CONTAINS stretching. Stretching does not have to be called yoga and should not be called yoga unless you want your stretching class to identify with the doctrinal basis of yoga. The word yoga communicates the lie that there are many paths to God, but the Bible says,

There is no other name given in heaven or on earth by which you can be saved.

Read Acts 4:10-12

There is only one path to God, and Jesus Christ Himself explained that path. Jesus Christ, the Son of God who came down to earth to save us, said with His own mouth, and I quote,

Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.”

– John 14:6

Some people claim that the Bible is not reliable. The Bible is the Word of Almighty God and He is strong enough to make His Words perfectly and truly represented in the Bible. God also is powerful enough to oversee its translations into many languages. God is almighty and all powerful, so the very idea that there could be mistakes in His Word is ridiculous. God is able to protect and promote His Word; He wills to and has the power to do it.

The law of the Lord is perfect, converting the soul; The testimony of the Lord is sure, making wise the simple

– Psalm 19:7

Just as in the medieval church, we Christians can also make mistakes **today** if we lack personal knowledge of the Word of God. Memorizing scripture is so important. We need to know and live out the Word of God in our lives, by His power. We store God’s Word in our hearts so that we will not be deceived.

Your word I have treasured in my heart,

That I may not sin against You.

– Psalm 119:11

3. The Reformed Lifestyle (and why yoga doesn’t FIT)

Just as in the medieval church, Christians get deceived. Yoga is a big deceiver of Christians, especially those who mistakenly call stretching yoga. There is no need to call stretching yoga. Stretching is stretching. Yoga is a religion that uses stretching as one of its elements. Yoga uses exercise for religious purposes. I will give details later.

Christians often support yoga due to their unfamiliarity with the philosophical basis of yoga. Have you ever researched yoga? Maybe you have never gone through yoga certification or been on the inside of the yoga industry. I have and offer you my own personal experience. I can tell you that the goal of classical yoga is to awaken something yogis call the Kuhnadilni snake energy which they insist is latent at the base of the spinal column of all people. The purpose of chakra areas and the reason yogis stretch is to channel the serpent energy through the body. Isn't it interesting that Jesus said?

“Behold, I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves.”

– Mat 10:16

My good friend Pastor Mike Shreve muses that the indwelling power of Christians is the Holy Spirit, symbolized by a dove, a harmless peaceful animal. The indwelling power of yogis is a Kundalini serpent power, characterized by a snake, a harmful animal, symbolizing the devil in Genesis 3, the very initiator of the original broken relationship between God and people.

Unfortunately, I mistakenly participated in yoga, because I did not research it beforehand, did not think I could be deceived, thought I knew better than those who opposed it and I did not seek out expert testimony. Don't make my mistake.

The simple believes everything, but the prudent gives thought to his step.

– Proverbs 14:15

These (Berean Jews) were more fair-minded than those in Thessalonica, in that they received the word with all readiness, and searched the Scriptures daily to find out whether these things were so.

– Acts 17:11

4. The Reformed Witness (and why yoga doesn't FIT)

I taught yoga, and began yoga certification. I encourage you to listen and search out the truth. I didn't and I suffered for it.

The prudent sees danger and hides himself, but the simple go on and suffer for it.

– Proverbs 27:12

It was ambition and competitiveness that prompted me to characterize my core strength stretch class as yoga. I thought that name would draw more people. (I called it yoga before I had ever taken a yoga classes myself.) Yoga is very popular so I wanted to use the name yoga to have instant recognition and rock start appeal. What I did not know is that calling my class yoga, was a recommendation for participation in all yoga.

Although there was no yoga philosophies taught in my class, I unknowingly communicated a message. Using the word yoga to characterize exercise, led the vast majority of other people to *hear* me promote and approve of everything that the word, yoga expresses even though I never said that specifically. Yoga is a claim that Jesus is not the only way. If you want to live in the truth of Christ in this short time before He returns, then yoga has no place in your life.

Anyway, using the word yoga is unnecessary to start with! There is no need to identify yourself with yoga. You can still stretch. Stretching is a natural and necessary activity for the human body. If we tried to eliminate all stretches from our lives we could not turn around to look over our shoulders backing out of the driveway. We could not bend over to pick up a penny, or play golf or do pushups or ballet or football or any other sport. Stretch, but don't call it yoga.

Brothers, do not be children in your thinking. Be infants in evil, but in your thinking be mature.

– 1 Corinthians 14:20

Many good, well-meaning people preach that yoga is ok for Christians. On the other hand there are those who insist that if Christians are against yoga they are “judgmental and unloving.” However, as a Christian, promoting many paths to God (by either words or lifestyle) is not a loving stance when you know the truth. After all, Christians are well aware that everyone who tries to get to heaven through other paths will go to Hell. Our culture embraces yoga, but the loudest voices are not always the truest. Sometimes you need to be quiet to hear.

The woman Folly is loud; she is seductive and knows nothing

– Proverbs 9:13

It is very dangerous in these end times, to act on an opinion without doing the research first. It's like operating on someone without being a surgeon. If you have no research on a subject, your uninformed opinion can cause harm. It is just as dangerous to be without knowledge as it is to believe deception. It is just as dishonorable to teach deception as it is to say nothing against it.

Therefore my people have gone into captivity because they have no knowledge. Their honorable men are famished and their multitude dried up with thirst.

– Isaiah 5:13 (Hosea 4:6 says “destroyed for lack of knowledge”)

When I taught yoga, I thought I could participate as a Christian and just change the bad stuff into the good stuff. So instead of mantras and chanting, I substituted scripture and praise. If I were in a social vacuum, that could have worked, but we do not live in a vacuum. We live in community. What we promote and participate in, influences other people.

The Bible says in 1 Corinthians 8, if we eat meat offered to idols it would be nothing in itself, but if I eat meat offered to an idol and it makes my sisters and brothers fall, then I will never eat meat offered to idols. This is not about judging another person’s behavior. It’s simpler than that. The point is that there is no need to eat meat offered to idols at all, because you can eat other meat. And there is no need at all to call stretching yoga because you can stretch perfectly well without calling it yoga. There is absolutely no obligation to characterize stretching as yoga.

Stretching was given at creation. It’s the way God created the body to move.

All things that God has created our bodies to do belongs to us. Creation came before yoga. Yogis use stretching for their own purposes, however that does not mean we cannot stretch for our own purposes. No one can take away from us something God has given. Stretch, but don’t call it yoga,

All things belong to God and therefore all things belong to us.

(Read [1 Corinthians 3:21-22](#))

In fact, in the U.S. court there was a ruling made regarding Pilates, a branded stretching system. The U.S. court ruled that stretching is universal in nature. In other words, these ways that the body moves are found in every kind of exercise and they cannot be branded. They belong to the public. The only thing that can be branded is sequences of movements. The stretches in themselves are still classified as universal movement. So by legal precedence, stretching does not have to be designated by a brand like Pilates or yoga. Stretching came first, and is universal movement. Yoga took stretching as one of its elements, however there is no need to call every type of stretching, 'yoga.'

One of the main purposes of WholyFit is to replace yoga with a named system of stretching that is healthy for body, soul and spirit. **Everyone needs to stretch. No *body* needs yoga. Stretching is imperative to health. Yoga is not imperative to health; in fact, yoga is contrary to spiritual health.** Call stretching "stretching" and call yoga "yoga." It's imperative that we do not confuse the two. WholyFit is not yoga. WholyFit Gentle Body Power contains stretching and strengthening exercises combined with scripture. We encourage people to combine scripture with any type of exercise for a whole workout, but it works especially well with slow, stationary stretching.

WholyFit communicates a desire for health and fitness and teaches that Jesus is the only way to God, that His sacrifice on the cross makes it possible for us to have relationship to God. Christians who do yoga communicate a passion for the basis and content of yoga even if they don't mean to. Yoga teaches that all paths lead to God and that Jesus is not necessary, that His sacrifice on the cross was useless. Is that really what you want to communicate to pre-believers and young Christians? Jesus said,

"Whoever causes one of these little ones who believe in Me to sin,

it would be better for him if a millstone were hung around his neck, and he were drowned in the depth of the sea.”

– Matthew 18:6

When I was in yoga, my instructor told me that Christians could do yoga, that lots of Christians were certified through his system and that there would be no problem for me as a Christian to do yoga or come to his certification trainings. So I started into his certification.

There were idols, Ganesha the elephant god, at the front of the room with food offerings and flowers around it. I overlooked it and thought myself so open-minded. When the others did their chanting, I had prepared a Psalms card that I kept under my mat, and I would just worship my God while they worshipped their gods and thought I was so magnanimous. I really felt good about myself. Then there came a point... at which I had to choose. They asked everyone to chant in Sanskrit the words on a prayer card. I was uncomfortable with that; I needed to know the translation. I asked a leader and she said the prayer said we were all to give our souls completely to Shiva.

Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

– Ephesians 5:6

5. The Reformed Are Peculiar

But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called.

– 1 Peter 2:9

We can't expect people without the Holy Spirit to understand. When we were without Christ we were dead in our spirits too, unable to understand spiritual

things. We can't follow our culture because our world's system is contrary to Christ.

Maybe my yoga instructor did not know anything about Christianity when he told me Christians have no problem doing yoga, but I had a BIG PROBLEM with giving my soul completely to Shiva. I said, "I can't give my soul to Shiva. My soul belongs to Jesus." The leader said, "Awe, Jesus, Shiva, same guy." Well, Jesus and Shiva are not the same guys. Jesus said,

"The Thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

– John 10:10

Shiva is called the "Destroyer." Jesus gives life and gives it abundantly. I quit yoga, disassociating myself completely from then on. By the way, did you know that in the Bible the Destroyer is the Angel of Death in Exodus? Did you know that the Son of Destruction is the antichrist in 2 Thessalonians 2:3? Also, the Angel of the Abyss in Rev. 9:11 is Abaddon (destroyer) in Hebrew and Apollyon (destroyer) in Greek.

Yoga teaches that all gods are the same. This is just one example of the belief system of yoga, which does not give Jesus His proper place as the preeminent, unique Son of God, the Savior and Lord of all. At the culmination of history, Jesus will be revealed. The Bible says that unbelievers will mourn as one mourns over an only son. Those of us who believe will forever be with Him.

(Read [Philippians 2](#), it's so amazing!)

Jesus is the One and Only True and Living God who came down to earth and took our place on the cross to pay for our sins. Only someone who is perfectly

righteous and unique could pay the eternal penalty for our sins. That's what reformation is all about; it's about knowing that we cannot get to God through our own man-made religions, our designer spirituality. We cannot get to God through any path we choose. Jesus said,

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life and only a few find it. Watch out for false prophets. They come to you in sheep's clothing, but inwardly there are ferocious wolves. By their fruit you will recognize them.”

-Matthew 7: 13-15 (Also [Proverbs 14:12](#))

Jesus also told a story about a sheepfold, that anyone who climbs over the fence is a thief. We can't climb over the fence, we have to go through the door and the door to the sheepfold is Jesus Christ alone. (John 10: 1-6) Any religion like yoga, teaching other ways to God is deception, is from the Thief, the Enemy of our souls. Those who want to go their own way do not believe what Jesus said, and are purely and simply choosing not submit to God.

God Almighty created the heavens and the earth and all the solar systems in the universe. He is Master and Owner of all and has the right to tell us how to come to Him, to tell us the one way in which we can have a relationship with Him.

***O Lord my God, You are very great:
You are clothed with honor and majesty,
Who cover Yourself with light as with a garment,
Who stretch out the heavens like a curtain.
– Psalm 104:2***

6. The Reformed Heart

Be reconciled to God. You don't need to be at odds with God. Believe the words of Jesus. Don't rebel against God Almighty. Accept the way. He doesn't give choices about how we will get to Him. God has provided one way and it is through His Beloved Son. Take heart! It's not hard. You can take the way right now. You don't have to do a certain amount of mantras or meditations, you don't have to starve yourself or exercise, you don't even have to rely on your own power to have the strength to do it. You can just ask Jesus to help you want Him. Ask Him to help you to believe and He will. Isn't it time to abandon your own way and come to God on His own terms? Aren't you tired of trying so hard to get to God and failing over and over? Jesus said,

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

– Matthew 11:28-30

We could never get to God on our own effort. We could never be good enough; we could never live long enough or have enough lives. We can never make it to God on our own because we need to be perfect to come near to a holy God. The deception of the many paths method comes from a gross misunderstanding of who God is. God is not the “Universal Spirit” or force of yoga. God is not the universe. God *made* the universe! (Genesis 1:1, Colossians 1:16)

God is a person who is spirit, who is almighty, who is perfect within Himself, perfectly powerful, all knowing, good, kind and holy. He created us all. He loves us and the only price that could be acceptable to His holiness is Himself. So He gave Himself and humbled Himself and came down to earth as a man, Jesus Christ. He paid for our sins. Only Jesus, who is holy and perfect, could pay the eternal price required by the perfect holiness.

Jesus is real! Just think of it! And now those of us, who have accepted Jesus Christ as our only way, have chosen to submit our lives to Almighty God, now Jesus lives in us through His Holy Spirit. He never leaves us. His Holy Spirit gives us power to live a life that is pleasing to God and although we are not perfect, and we still sin, we are in a relationship with God who works in us to reform us according to the image of His Son. He actually changes our hearts.

I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.

– Ezekiel 36:26

I will put My law in their minds, and write it on their hearts; and I will be their God, and they shall be My people.

– Jeremiah 31:33 ([Also a great scripture is Jeremiah 32:38-40](#))

I am so thankful that God blesses me with His actual presence and His love every day. I WANT to follow Him. It's not an obligation; it's my joy. I WANT to participate in His work on earth and I WANT to tell others about what I have found. I have found Jesus, the Way, the Truth and the Life. I have come to the Father through Jesus. I don't have to wait for eternal life. My eternal life has already started! And yours can too, the minute you ask Jesus to help you. Don't wait. Come as you are. He will cover you with His blood. He loved us when we were unlovable.

In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

– 1 John 4:10

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

– Romans 5:8

That is the message of WholyFit. This is the stance that we have taken. Yoga is antichrist because its basis dishonors Jesus and dishonors Almighty God.

Beloved, do not believe every spirit, but test the spirits, whether they are of God; because many false prophets have gone out into the world. By this you know the Spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh is of God, and every spirit that does not confess that Jesus Christ has come in the flesh is not of God. And this is the spirit of the Antichrist, which you have heard was coming, and is now already in the world.

– 1 John 4: 1-3

We WILL NOT ever be involved in yoga or anything that could be mistaken as distrust in the words of Jesus or rebellion against the way to salvation. At the same time, we are not going to let the manmade religions of the world steal the joyful and wonderful gifts God has given us at creation, like stretching. WE cannot be healthy without stretching. God gave it to us because we need it, and we stand firm on the fact that it belongs to us. Jesus said to Peter and to everyone who believes,

“And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”

– Matthew 16:19

7. Restored Focus on Jesus

You may be saying, “Hey, well, it’s a free country. I live in the freedom of Christ and I can do yoga if I want.” You certainly can, but don’t you love other people enough to simply call your stretching class, stretching and not yoga? That is just NOT a big sacrifice. You can still stretch. You don’t even NEED

the word yoga. You can stretch all you want without identifying yourself with “yoga.” What’s the big deal? Do you want the benefits of yoga’s popularity so much that you are willing to compromise your witness?

Over a decade ago, I referred to the stretching class I taught as yoga. A few participants came to me and said, “I never did yoga before because I didn’t like all the creepy mantras and stuff, but I love your class! There is none of that and the exercise has benefitted my body so much. So now I also go to the yoga class down the street. That class down the street was the one run by the yoga teacher that asks his students to give their souls to Shiva. Don’t cause people to fall. Remember the millstone problem.

Over a decade later I was sad to discover that my former yoga teacher was in fact a Wiccan coven master the whole time I was taking his yoga certification. At the very time he told me Christians have no problem doing his yoga, he was a Wiccan coven master performing sex rituals with the yoga teachers he was certifying. I never knew. It is obvious to all now that He was not a simple, well-meaning yoga teacher ignorant of Christianity. In fact he was a wolf in sheep’s clothing who deliberately lied. You may be smarter than me, but if you think you can tell a wolf in sheep’s clothing every time, then you either have a very rare gift or you underestimate the power of the Enemy to deceive. Some people do have the gift of discernment, but none of us should EVER underestimate the power of the enemy to deceive. ([Documentation here about that yoga master’s improprieties.](#))

For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect.

– Matthew 24:24

When I taught yoga, even the YMCA required yoga Alliance Registration. YAR required ALL registered yoga instructors to practice 50 hours of mantras and

chanting in an environment dedicated to the promotion of classical yoga. In other words, mantras and chanting must be done in person, in contact with those dedicated to the traditional yoga philosophical content (like the “8 paths.”) To be registered you had to actually sign your name to a paper indicating that you did that. So for Christians to be YAR, they must either actually do those requirements or lie and say they did. Today, all yoga certifications that I know of include the philosophical teachings of yoga during yoga certification. (For supporting documentation click [here](#).)

Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. – James 4:8

I was double minded, one foot in yoga, one foot out of yoga. You may believe that the indoctrination of certification does not affect actual classes. The problem is that the certified yoga teacher was under influence within an environment where evil spiritual entities actively worked. Consenting to doing mantras and chanting to gods or a universal spirit or Brahman, etc.... opens a person up to those spiritual forces. For example, doing the “Ohm” gesture with thumb and middle finger together is a prayer of intent for Brahman to join with your soul. Saying, “Namaste” means that you are saluting a ‘god’ in another person and that “god” may not be the God of the Bible.

For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

– Ephesians 6:12

Of course there is only One God. The Bible also reveals the presence of spiritual forces of wickedness in heavenly places. Demonic forces cannot influence Christians who recognize them and actively stand against them. (James 4:7) Conversely evil forces *can* influence anyone who opens himself or

herself up by choice or who ignores this influence and does not actively oppose it. Actively seeking spiritual power or connection through contact with spiritual forces that are not from God is an opening into the satanic spirit realm. Although your yoga teacher may not know it, dark forces in some way probably will have influenced them if they participated in yoga certification. We suggest praying that God will deliver you from these spiritual forces, to actively come against them and to ask forgiveness if you inadvertently put yourself in a compromising position. I had to repent and God is always faithful to forgive.

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

– 1 John 1:9

WholyFit gets criticized and I myself have been maligned for my stance. But I know that is because we are fighting against the subtle deception of yoga and have pulled the mask off the face of the wolf. Jesus said,

“It is enough for a disciple that he be like his teacher, and a servant like his master. If they have called the master of the house Beelzebub, how much more will they call those of his household!”

– Matthew 10:25

We in WholyFit stand firm, rejecting use of the word yoga. We provide an alternative; stretching for Christians that is not at all involved with “yoga.” We are careful to make sure that the public knows that we reject yoga in the Name of Jesus. We bind the Kuhndalini spirit by His power and authority. We promote Jesus, who is the Preeminent One, the only way, the truth and the life. We assert that no one comes to the Father but by Him.

There is a wonderful promise that is key to the Reformation. It is the promise Jesus made to Peter in response to his following confession: Peter was sort of the spokesperson for the disciples, and when asked by Jesus, Peter confessed that Jesus is the Christ, the Son of God. The hero of the Reformation is Jesus, not a man or church organization. There is one rock of truth that the universal church is built upon: that Jesus is the Christ, the Son of God. In response to Peter's confession, Jesus promised that the gates of Hell will not prevail against us, His Church. All who hold Peter's confessional also have that promise from Jesus.

We serve the King of the Kingdom. He has all power. Therefore, we are blessed. We have been given the keys to the kingdom of heaven. Whatever we bind on earth will be bound in heaven, and whatever we loose on earth will be loosed. (See Matt. 16:13-18)

Jesus asked His disciples, saying, "Who do men say that I, the Son of Man, am?"

Jesus asks you the same question. It is my prayer that you will join us in reformation of body, soul and spirit as we answer Jesus when He asks, "Who do YOU say that I am?"

We answer,

"You are the Christ, the Son of the living God."

***...being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;
– Philippians 1:6***

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[What About Going to Yoga to Witness?](#)

[Going to Yoga to Witness?](#)

[5 Main Reasons Why I No Longer Practice Hatha Yoga](#)

[Christians and Yoga](#)

[Yoga Police](#)

[Yoga Beliefs Versus Biblical Christianity](#)

[Yoga Versus the Bible](#)

[Simple Steps to Freedom from Spiritual Darkness of yoga](#)

[Romans 7 and Yoga](#)

[The Evidence Does NOT Support Yoga as Perfectly Safe for Older Adults](#)

[WholyFit is Not Christian Yoga](#)

[WholyFit is Not Yoga](#)

[WholyFit Certification Instead of Yoga Certification](#)