

The Yoga Police
By Laura Monica

WholyFit is not a part of the Yoga community and WholyFit’s founders and teachers boycott the Yoga industry. Why? Because if we were to give our resources, which God has entrusted to us, into the hands of those who lead people astray, **it would contribute to the deception of the world.**

"And if anyone causes one of these little ones who believe in me to sin, it would be better for him to be thrown into the sea with a large millstone tied around his neck."- Jesus ([Mark 9:42](#))

Contrary to popular notions, Yoga is a religion and does promote New Age philosophies. The proof can be easily seen once you understand the Yoga Alliance, what I refer to as the **“Yoga Police”**.

The reason for the existence of the Yoga Alliance is to **preserve the teachings of classical Yoga**, which are clearly non-biblical, and make sure these teachings are presented along with the exercises in generations to come. They do this by requiring all Yoga teachers to be indoctrinated in these teachings in an intensive, face to face environment dedicated to the process.

All fitness pros, both Christian and otherwise, are required to **PRACTICE** a yogic lifestyle in a supervised environment dedicated to the promulgation of classical Yoga in order to become Yoga Alliance Registered. Make no mistake. It is not only the study of the "yogic scriptures" (the works of Patanjali and the Bhagavad-Gita) that is required – the **SUPERVISED PRACTICE OF Yogic mantras and Yogic meditation are required.** To fulfill the requirements of study “and practice”, 50 “contact hours” of Yogic practices like Yogic chanting and Yogic meditation are required for Yoga Alliance 200 hr Registration.

See explanation of what “contact hours” are. Contact hours create an environment where Yogic meditation is practiced in the presence of classical Yogis dedicated to the traditional practices. Let’s be clear: substitution of Christian meditation for Yogic meditation does not count. Contact hours must be performed in an environment **dedicated to the propagation of the traditional practice of Yoga. See it for yourself below.**

| 200-Hour RYS Standards Category | Minimum Hours | | Notes on Category |
|--|---------------|-------------------------------|---|
| | Total | Contact | |
| 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's*) | 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. 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. |

Buddha Baggage

The Christian Bible and Christian Meditation on Scripture are not accepted as fulfillment of the lifestyle/ethics/philosophy requirements of Yoga Alliance. I asked them! They said “No.” The traditional spiritual disciplines of the “Christian Lifestyle” do not meet Yoga Alliance Registration standards. I asked them! They said “No.”

Spiritual Transfer

Yoga Vendors speak of being inclusive of all religions, but in reality, it's the classical Yoga way or the highway. Why? Because the Yoga industry relies on a subtle spiritual transference that between teacher and student. To see more about the truth of “spiritual transfer” see Mike Shreve’s article on the WholyFit website, *Why I Don’t Teach Yoga Any More*.

Professional – Biblical Worldview

WholyFit is the only organization offering the most cutting edge technique training in the fitness industry. WholyFit Pro Platinum certification is equivalent to the 200 Hour Yoga Alliance Registration requirements but all training is offered from a Biblically Christian worldview. Don’t register with Yoga Alliance! There is no need. Proving equivalency with lots of written backup has proven to be all you need for any employer. We show you how to document your expertise.

WholyFit offers the founders with the highest qualifications. Laura is certified by the ACSM and has equivalent (or better) qualifications than an AFAA presenter and is equivalent to the 500 Hour Experienced Yoga Teacher rating. The founder has 25 years of actual experience leading worship, offering fitness classes in churches and teaching group exercise in the professional fitness industry.

In WholyFit we trust the Lord to provide the most up to date, exciting and effective training available. He is faithful! You don’t need classical Yoga training to teach great mind-body exercise! Our curriculum comes from personal training techniques and a fusion of wonderful disciplines of many kinds including corrective exercise, anatomy, kinesiology and exercise physiology.

We say to Jesus, “Lord, to whom else can we go? Only You have the Words of life.” Come with us on this pioneering course to bring the truth of Jesus Christ to the world.

Jesus said, ***“I am the way, the truth and the life. No one comes to the Father but by me.”***