



Instructor Training & Certification **200 Hour RYT, CYT Accreditation**

Isaiah 55:11

So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

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For more information:

Holy Yoga Ministries

888-737-HOLY

602-321-1819

www.HolyYoga.net

Training@HolyYoga.net

Brooke Boon, Founder

Brooke@HolyYoga.net

What Is Holy Yoga?



Holy Yoga is about connecting people to Christ. Holy Yoga was created as a form of worship of the Lord through prayer, breath work and movement to all seekers of and denominations of Believers in Jesus Christ. The purpose of the ministry is to introduce people to yoga as a form of authentic worship. Holy Yoga is dedicated to facilitating Holy Yoga ministries internationally that inspire people to 'love the Lord with all their hearts, souls, mind and strength'. Holy Yoga is the premiere style of Christian yoga that educates and accredits instructors to facilitate classes and ministries in their communities. Holy Yoga is an internationally registered yoga school (RYS) through the Yoga Alliance.

Our sole purpose at Holy Yoga is to introduce people to a unique and powerful worship experience centered on our Lord and Savior, Jesus Christ. To deepen the experience, Holy Yoga classes are practiced to contemporary motivational Christian music.

Yoga is NOT a religion; it is a practice of mind and body control. When led by scripture, prayer and worship poses; it is a practice that encourages patience and cultivates an understanding of what God can manifest in our physical and emotional bodies. When we can distance ourselves from the daily grind and find peace in worshipping with the entirety of our being, we find ourselves in the flow of His magnificence and in the midst of His grace.

Brooke Boon (E-RYT) is the Founder of Holy Yoga. She is an energetic and dedicated lover of the Lord, yoga, and good music. She creatively weaves spirituality, physical alignment, practical humor and the Word into the fabric of her teaching. She has been blessed with the opportunity to be a leader in the Christian Yoga Movement while developing, branding, and implementing Holy Yoga ministries across the country. Brooke has a heart for training instructors who are devoted to inspire students to connect individually to Christ.

Brooke has a deep appreciation for the practice of yoga and connection to Christ as the only collective and authentic path to wellness. "Love, passion and a desire for connection to the Lord and His Word has given this practice its power, flow and grace. It is a true form of worship."

In July 2007, Brooke released her second book complete with a DVD from Time Warner's Faith Words division entitled **Holy Yoga: Exercise for the Christian Body and Soul**. Brooke co-authored **Hatha Yoga Illustrated** which was published and Internationally released in January 2004. Brooke lives in Phoenix, Arizona with her husband Jarrett and three children, Jory, Jace, and Brynn.

Qualifications for Holy Yoga Certification



Holy Yoga is an internationally recognized instructor training program, fully accredited by the Yoga Alliance. All Holy Yoga hours are recognized as CEUs for Yoga Alliance, Aerobics & Fitness Association of America (AFAA) and American Council on Exercise (ACE). Holy Yoga is branded and trademarked and all rights are protected by law. Only certified instructors can use the Holy Yoga name and/or teach Holy Yoga classes. Instructor candidates must be:

- Committed in faith to Christ
- Committed to learn and grow in Him and in Holy Yoga
- Commitment to be stretched in all senses of the word
- Committed to leading a life that is glorifying to God and is consistent with the values of Holy Yoga
- Committed to using Holy Yoga tools and materials and abide by the brand specifications and requirements

Requirements for Instructor Certification:

- Submission of completed [Instructor Inquiry Questionnaire](#)
- Participation in Informational Teleconference (dates to be announced)
- Submission of completed Holy Yoga [Instructor Training Application](#)
- Completion of one-on-one phone interview
- Participation and successful completion of 200 hour program requirements as outlined in [Certification Hourly Requirements](#)
- Payment of Holy Yoga Instructor Training Certification and Licensing fee
- Register and maintain Yoga Alliance affiliation (separate from Holy Yoga affiliation).
- Acquire and maintain yoga instructor insurance
- Use only the branded and approved marketing materials
- Maintain Holy Yoga Certification



Certification & Licensing Fee

Fee Includes

Holy Yoga Instructor Training

Holy Yoga Instructor Retreat Training & Accommodations

Holy Yoga Instructor Training Materials

- Comprehensive training manual including asana photos and descriptions, practice hours log, journaling pages, and critique log
- Instructional DVDs of all Holy Yoga postures
- Two Holy Yoga Practice DVD - Level 1 and Level 2

Holy Yoga Instructor Certificate

- Use of Holy Yoga trademark, brand identification and name
- Use of all Holy Yoga branded marketing materials
- Business Card Template
- Stationery Template
- Press Release Templates
- Introductory Letters
- Targeted Marketing Kits
- Print Ads
- Flyers & Poster Templates
- Articles
- Legal Documents (Student Information Sheet & Health Waiver)
- Directed Leads from Web Site and 888-737-HOLY
- Ongoing National Media Coverage
- Access to www.HolyYoga.net private instructor web portal
- Personalized instructor page on www.HolyYoga.net housing your personal information that can be easily updated to reflect changes to class schedule, bio information, and other information
- Use of Holy Yoga product wholesale license to resell product for retail

Instructor Support Program & Portal

- Ministry Facilitation Systems
- Student Information Sheets & Waivers
- Class Music Play Lists
- Pose of the Month
- Online Instructor Community
- Leadership Retreats
- Class Design Templates
- Scriptural Inspiration
- Personalized Email Templates
- Workshop and Special Event Ideas (Holy Yoga Hikes, Partner Holy Yoga, Holy Yoga for Kids, Holy Yoga for Seniors, Holy Yoga for Depression, Holy Yoga for Pregnancy, Holy Yoga for Postpartum, Holy Yoga for Runners, etc.)

Instructor Certification Hourly Requirements 200 Hour RYT, CYT Accreditation



Breakdown of Hours: As required by the Yoga Alliance (YA)

Technique - 100 hours

Teaching Methodology - 20 hours

Anatomy - 20 hours

Philosophy/Ethics/Lifestyle - 20 hours

Practicum - 10 hours

Balance of Hours - 30 hours

Total Contact Hours - Minimum of 160 hours

Technique

You will be required to attend or practice at least two Holy Yoga classes weekly when you begin Holy Yoga Instructor Training. If you are not near a Holy Yoga class, please find a class that you like or practice on your own. **Inclusive in your tuition are two Holy Yoga practice DVDs as well as three DVDs of Holy Yoga asana technique that can be utilized for practice hours.** I encourage you to practice three times a week for optimum momentum and growth. The Yoga Alliance requires 100 hours of technique and the bulk of yours will come in the way of weekly class practice.

These are **CONTACT** hours, so you must be physically practicing Holy Yoga for them to count. You will be keeping a log of your hours in your training manual. There will be weeks when you have life going on; please connect with me directly in cases where this applies. Please be consistent with this commitment. Holy Yoga will not be checking in with you weekly. This is a commitment of utmost importance. You cannot teach what you do not know. Your commitment to your personal practice represents your commitment to yourself, and in turn, to your students.

- Two classes weekly at 75 minutes each yields 65 hours
- Three classes weekly at 75 minutes each yields 78 hours

In addition to the classroom hours you will be accumulating Technique hours during our weekend training sessions or calls. We will be meeting for two hour sessions (see schedule) for a total of 11 times. The remaining contact hours needed will be met in these sessions. We will be breaking down the asana (poses) into 9 series to include: **Standing, Balancing, Arm Balances, Inversions, Backbends, Twists, Forward Bends, Seated, Reclining and Relaxation/Restorative.** These series follow the outline in **Hatha Yoga Illustrated**, and will correlate directly with your Holy Yoga Instructor Training Manual and **Holy Yoga** book.

The bulk of your contact hours will come from the retreat which is mandatory. Please see schedule for event times and locations. Retreat accommodations are included in your Holy Yoga Instructor Training tuition.

Instructor Certification Hourly Requirements 200 Hour RYT, CYT Accreditation (cont.)



Teaching Methodology

You will be required to acquire 20 hours of teaching methodology training. Inclusive in these hours is how to demonstrate and articulate a pose effectively, how to assist and adjust, sequencing, flow, timing, integrating breath work, medical precautions that apply to ailments, differentiation of yoga styles, the qualities of a superior yoga instructor and the business of yoga.

Anatomy

You will be required to acquire 20 hours of Anatomy training. The Anatomy portion of the training will be divided among the asana series we study. There will be nine asana series that we study: Standing, Balancing, Arm Balances, Inversions, Backbends, Twists, Forward Bends, Seated, Reclining and Relaxation/Restorative. Each series will have an anatomy teaching on what parts of the body are being used and effected by the particular series being presented. You will also learn the physiological effects of the poses on the body. We will study rotations and locks in our asana series.

After each asana series is presented you will be given a test on the entire series, inclusive of the anatomy portion; to determine understanding. **You will also be required to attend an eight-hour Yoga Anatomy workshop with Martin Kirk.** Tuition for the workshop is included in your Holy Yoga tuition. The anatomy workshop is scheduled in tandem with the Retreat.

Philosophy/Ethics/Lifestyle

You will be required to acquire 20 hours of Philosophy/Ethics/Lifestyle training on Holy Yoga. This will include the history of yoga and meditation, the biblical background of meditation and worship, the re-education process of the Christian Yoga Movement, and how to inspire your students highest growth from your own personal testimony. Spiritual and/or biblical research will be required here for insight into how to effectively communicate your message to students, and for journaling topics.

Practicum

You will be required to acquire 10 hours of Practicum training. This will include assisting, leading and adjusting Holy Yoga classes as your training progresses. You will observe classes and give feedback, as well as receive a review and feedback. At least five hours will be accumulated through supervised Holy Yoga instruction and instructors. The remaining five hours can be accumulated through outside classes. You may choose to observe and critique or teach community service classes to complete your hours.

Instructor Certification Hourly Requirements 200 Hour RYT, CYT Accreditation (cont.)



Balance of Non-Contact Hours

Journaling

You will be required to journal two-three times a week. Ideally you will journal for 20-40 minutes a session for the duration of your training. Your entries will give you approximately 25 hours of non-contact work towards your certification. If you are having trouble finding the time, then curtail it to fit your schedule. You must journal **at least** two times a week. Allow it to be your prayer time and a time when you expand on a feeling or a teaching that has you inspired. It is crucial that you do not cheat yourself out of this. It is the core of your personal approach to teaching and essential to your ministry. You will use your entries for becoming more comfortable in sharing your faith and as your inspiration once you begin teaching.

Required Reading

There are five books that are required for your training, which are to be purchased separately:

1. **Holy Yoga: Exercise for the Christian Body and Soul** by Brooke Boon. This will serve as your manual in addition to Hatha Yoga Illustrated.
2. **Hatha Yoga Illustrated** by Brooke Boon and Martin Kirk which will serve as your instructional and photographic manual.
3. **Prayer of Heart and Body: Meditation and Yoga As Christian Spiritual Practice** by Thomas Ryan. This is a great book for understanding Yoga from a Christian perspective. If you can fit this in, it is an amazing tool for your own growth and understanding.
4. **Eat This Book** by Eugene Peterson. Written by the author of **The Message: The Bible in Contemporary Language**, this nine chapter book outlines the importance of the Word and meditating on it. It will accompany our training week by week and teach you how to immerse yourself in the discipline of biblical meditation.

Attendance at Anatomy Intensive

Please see *Instructor Training Schedule*.

Instructor Retreat

Please see *Instructor Training Schedule*.

Final Examination

Written exam and teaching practicum to display ability prior to receiving instructor certificate.

A lot of this training will be done as homework and self study. We are ALWAYS here and available for discussion and direction. We hope that this training gives you the desire to serve and inspire everyone around you.

2007 Training Schedule



200 Hour RYT, CYT Accreditation

Summer 2008

Saturday, June 14	Session 1	Holy Yoga, Yoga & Health Benefits
Saturday, June 21	Session 2	The Energy Body, Locks & Hand Postures
Saturday, June 28	Session 3	Breathwork, Meditation, Weaving the Word & Seated Postures
Saturday, July 5	Session 4	Standing Postures
Saturday, July 12	Session 5	Balancing Postures
Saturday, July 19	Session 6	Arm Balancing Postures & Inversions
Saturday, July 26	Session 7	Back Bending Postures
Saturday, Aug. 2	Session 8	Twisting & Forward Bending Postures
Saturday, Aug. 9	Session 9	Reclining & Relaxation Postures
Tuesday, Aug. 19		Anatomy Immersion Training
Aug. 18-24		Retreat*

Fall 2008

Saturday, Sept. 27	Session 1	Holy Yoga, Yoga & Health Benefits
Saturday, Oct. 4	Session 2	The Energy Body, Locks & Hand Postures
Saturday, Oct. 11	Session 3	Breathwork, Meditation, Weaving the Word & Seated Postures
Saturday, Oct. 18	Session 4	Standing Postures
Saturday, Oct. 25	Session 5	Balancing Postures
Saturday, Nov. 1	Session 6	Arm Balancing Postures & Inversions
Saturday, Nov. 8	Session 7	Back Bending Postures
Saturday, Nov. 15	Session 8	Twisting & Forward Bending Postures
Saturday, Nov. 22	Session 9	Reclining & Relaxation Postures
TBD		Anatomy Immersion Training
TBD		Retreat*

Notes:

* Dates are tentative and subject to change. Additional fees apply for food and transportation (if applicable).

2007 Training Schedule



200 Hour RYT, CYT Accreditation

Winter 2009

Saturday, Jan. 10	Session 1	Holy Yoga, Yoga & Health Benefits
Saturday, Jan. 17	Session 2	The Energy Body, Locks & Hand Postures
Saturday, Jan. 24	Session 3	Breathwork, Meditation, Weaving the Word & Seated Postures
Saturday, Jan. 31	Session 4	Standing Postures
Saturday, Feb. 7	Session 5	Balancing Postures
Saturday, Feb. 14	Session 6	Arm Balancing Postures & Inversions
Saturday, Feb. 21	Session 7	Back Bending Postures
Saturday, Feb. 28	Session 8	Twisting & Forward Bending Postures
Saturday, March 7	Session 9	Reclining & Relaxation Postures
TBD		Anatomy Immersion Training
TBD		Retreat*

Notes:

* Dates are tentative and subject to change. Additional fees apply for food and transportation (if applicable).

How To Apply



200 Hour RYT, CYT Accreditation: \$2395

Note: We will make payment arrangements if needed. In addition, a limited number of scholarships are available for those who qualify. Please contact Brooke Boon at 888-737-HOLY, 602-321-1819 (local), or email Brooke@HolyYoga.net to discuss your situation.

To Apply

1. Request [Instructor Training Application](#) online at www.HolyYoga.net, email Training@HolyYoga.net, or call 888-737-HOLY or 602-321-1918.
2. Submit Instructor Training Application with \$100 non-refundable deposit (will be applied to tuition).
3. Complete Phone Interview

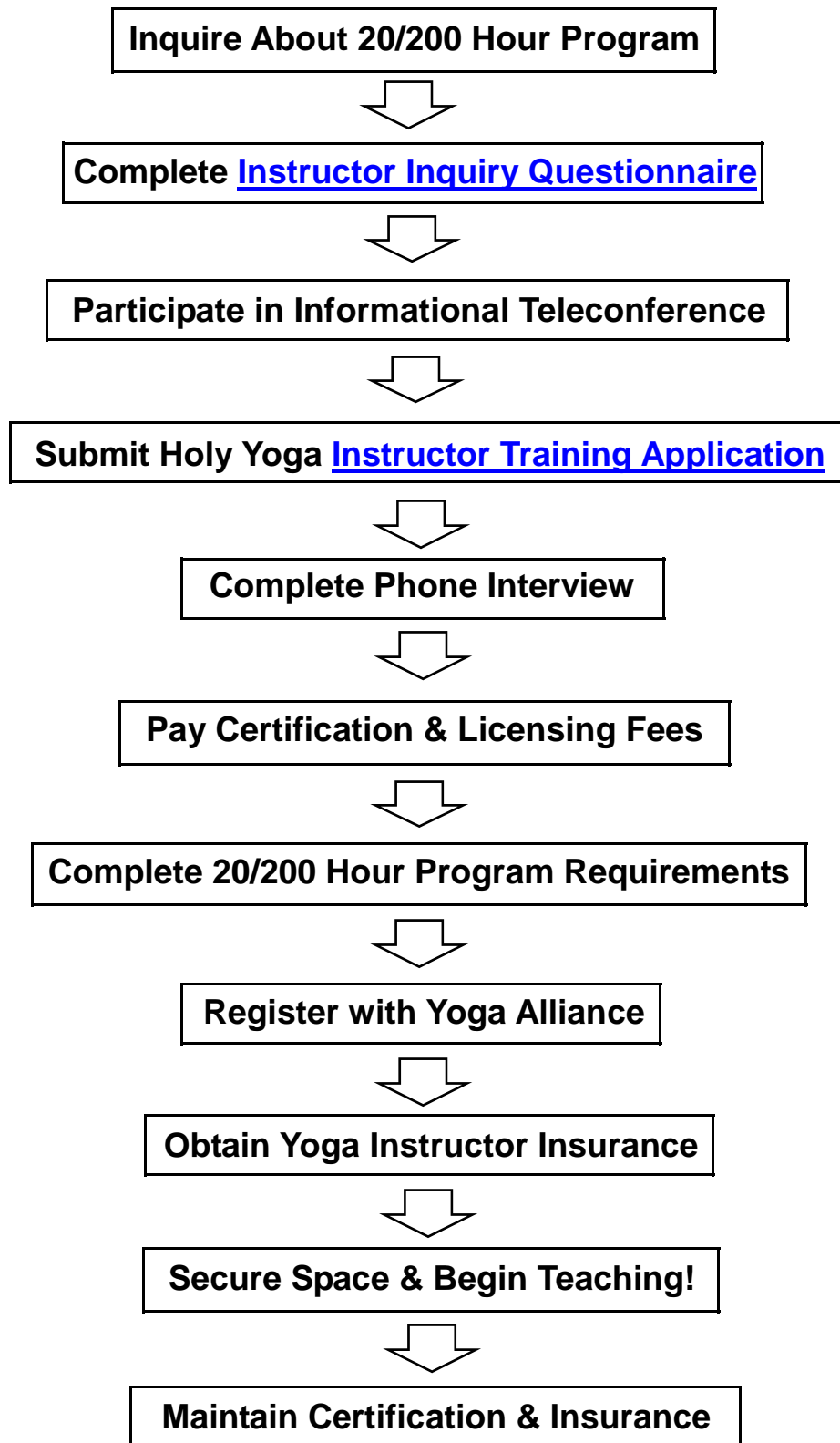
Continuing Education Credit

Holy Yoga is a nationally recognized yoga instructor training program, fully accredited by the Yoga Alliance. All Holy Yoga hours are recognized as CEUs for Yoga Alliance, AFAA and ACE. Contact Training@HolyYoga.net for more information.

Questions?

Please call 888-737-HOLY, 602-321-1819, or email Training@HolyYoga.net.

Certification Process Map



Instructor Inquiry Questionnaire



Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

Email _____

Best method/time to reach you _____

Please provide a brief (100 words or less) description of your faith walk

Please provide a brief (100 words or less) description of why you are interested in teaching Holy Yoga

Frequently Asked Questions



What is Holy Yoga?

Holy Yoga is a style of Christian yoga. Much like Coke is cola. There are things that are unique to Holy Yoga as a worship experience. Jesus is the reason for our complete worship and great yoga is the vehicle.

Who does Holy Yoga serve?

The four segments we serve are provided below in no particular order of importance.

- **The Christian who is afraid of yoga.** Most Christians do not dislike yoga because they are educated about it, but because they are un-educated. We seek to educate in the light of the three modalities of yoga; the breath, meditation, and physical expression. While the word yoga does not appear in the bible, if you look at those three modalities of yoga through the filter of the Word, you can see what the Lord says about the importance of them. The "yoking" comes together in Mark 12:30 where it says to 'love the Lord your God with all your heart, soul, mind and strength'. It is the bringing together of all He has created us to be for a full immersion into worship. We tend to approach God as we do the rest of our lives, compartmentalized and fragmented. Holy Yoga is about being fully immersed in the worship of our Lord and Savior. Our training does indeed teach the history of yoga and its principles. However, the intent of doing so is to educate you so that if you are challenged, you have the knowledge to answer potentially difficult questions.
- **The Christian who loves yoga.** We serve them by making the Holy Yoga worship experience available to them in their communities. By certifying instructors and making Holy Yoga known, we can take Holy Yoga to their communities.
- **The Holy Yoga instructor.** We provide you with the education and tools you need to facilitate Holy Yoga in your sphere of influence. When you have been called to serve, re-inventing the working pieces of the wheel seems a bit daunting. We provide you all that you need to facilitate your Holy Yoga ministry through Holy Yoga Instructor Support Program and Portal. (There is more information on this later.)
- **The "Seeker".** More than 22 million Americans have practiced or are practicing yoga, and that number is projected to increase 20-22% this year alone. People are searching...and they are connecting to something great on their mats. The missing component is the *truth*. Holy Yoga does not water down the truth or the experience for seekers. It invites them into a really good yoga experience that they are used to. One that they can be physically fed from, and one that they would continue coming to. This is NOT stretching to Christian music. This is Holy Yoga - holy in that it has been "set apart for the express use and intent for God" and yoga in that it is the "yoking" together of all that He created us to be with His truth. Whew! There is just nothing better...so we shy away from a price list for classes, as those who need it MOST may not have the resources. It also stays closer to our ministry roots.

Frequently Asked Questions (cont.)



Is Holy Yoga's instructor training accredited?

Holy Yoga is an internationally recognized yoga instructor training program, fully accredited by the Yoga Alliance. All Holy Yoga hours are recognized as CEUs for Yoga Alliance, AFAA and ACE.

What makes the Holy Yoga Training Program unique?

First, Holy Yoga is different and unique in the way that we train our instructors. We know that anyone who becomes a part of Holy Yoga has already been pre-destined to be a part of the ministry and have a gift to share with us. We never want to miss the opportunity to see and learn from those gifts. In saying that, we base our training on the 1 Timothy way of teaching where Paul exhorts Timothy to lead with his actions and in community rather than in just words. When you are a part of Holy Yoga, you are part of a community. We stand for connection, vertically and then horizontally. I train small groups of people. I want to know you personally, pray for you individually, and actually have the bandwidth to connect with you when you call me. One of the benefits of training this way is that regardless of where you are in the world, you have a community of people in your training pod that become your immediate community, friends and prayer team. You retreat with them as well, so after becoming friends at a distance, you have the opportunity to connect with each other face to face. Following retreat, you have a larger community of people all over the world who are doing what you are doing at the same time who can identify with and encourage you as you go home to do the work in which God has called you to do.

How do I know I have been called to teach? Why Holy Yoga?

You know you have been called when you just cannot stop thinking about it. As much as you try to redirect your energy, you will feel drawn to it. That is called a God push or nudge. Yield to it. The fact that you are even reading this is an indicator that He is speaking to you!

Holy Yoga was created to connect people to Christ. If God has a plan for you with Christian yoga, you will receive the very best yoga training by some of the very best instructors in the world, you are given the tools to facilitate your ministry. Holy Yoga stands for one thing, connecting people to Christ. We have developed the behind the scenes systems for you to do just that.

What if I am brand new to yoga myself?

Fantastic! You do not need any experience to fall in love with yoga. It may even be easier to learn and teach from a clean slate. Holy Yoga is a style of yoga with specific directions, verbal articulation, and experiential components. You can learn Holy Yoga without having to re-learn previous training.

Frequently Asked Questions (cont.)



What is the difference between the 200-hour certification and the 20-hour certification?

The 200-hour certification is the minimum requirement to be a registered yoga teacher (RYT) through Yoga Alliance. ***This certification is for people who are not already registered yoga teachers.***

In contrast, the 20-hour program is for existing RYT's who want to add Holy Yoga to their offering. The 20-hour accreditation gives you the mark of CYT (Certified Yoga Teacher). It also gives you access to the education of the Holy Yoga philosophy, bridging the gap Biblically between classical yoga and Christian yoga, weaving the Word, and designing classes that inspire and support messaging. our ministry roots.

What does the 200-hour certification consist of?

The 200-hour accreditation consists of a nine-week distance learning immersion and a five-day retreat immersion. We offer four different nine-week distance immersions and two retreats annually. Each nine-week immersion begins with a webinar or conference call (whichever learning medium you prefer) and runs for nine consecutive Saturdays thereafter.

When do the webinars or conference calls occur?

The calls take place from 11 a.m. to 1 p.m. MST for the nine consecutive Saturdays of your enrolled immersion.

What happens during the calls?

We spend 25-30 minutes of each call studying the Word together because it is the primary focus of the training and the experiential worship that comprises Holy Yoga. Studying the Word also teaches us how to meditate on God's Word and then how to "weave the Word" into Holy Yoga. The rest of the time will be spent discussing the Holy Yoga study content for that week.

What is involved in the nine-week immersion? Is there a lot of preparation for the webinars/conference calls?

For the nine-week immersion, you will receive a Holy Yoga teacher-training manual that is divided into nine weeks of study. Each session begins with scripture. You are encouraged to study that scripture during that particular week. The scripture verses correlate with the Holy Yoga study content for the week. Also included in the manual are five full-length instructional DVDs. Two of the DVDs are practice DVDs and the other three break down every single pose and technique into five-seven minute in depth instructional clips, according to the week of study. For example, week four is standing poses. During your home study of week four, you would spend time in study of those particular poses. I teach very experientially and intricately, so you will constantly be exploring new spaces of the pose as you visit and re-visit them during your home study.

Frequently Asked Questions (cont.)



What happens when the nine-week immersion is completed?

After completing the nine-week immersion, you will go on retreat. This needs to be done after the immersion, as this is where all the foundational information you learned becomes experiential. During retreat, you will experience Holy Yoga in its fullness, as the collective experience that it is. We will break down EVERY piece and pose of what you learned during the nine-week immersion, only this time you will be working on adjustments as well.

What happens at the retreat?

The foundation that is laid during the immersion is a platform for the experience of retreat. On retreat, every pose will be revisited with a clear articulation and structural foundation gained during the immersion. On retreat you will also be immersed in adjustments and the full Holy Yoga worship experience. Please click here for a [Sample Retreat Outline](#) which includes the content covered during retreat (dates and locations subject to change).

What is the benefit of distance training and going on retreat?

When I started training instructors, I taught local instructors in person and long distance instructors via conference call. Over time, I discovered that the long distance program is a more powerful platform because instead of just showing up to learn on a Saturday, the distance program requires each of the participants to really devote time to preparing for the call and then participating in the call. I always say that a good instructor will tell you what to do and a great instructor will tell you how it feels. By studying on your own, you are afforded the opportunity to pay attention to sensation and God's quiet still voice while on your mat. The nine-week immersion lays all of the physical foundation and mechanics of understanding, from both a yoga perspective and a ministry facilitation perspective.

What is the Instructor Support Program and Portal (ISPP)?

The ISPP is a password-protected portion of the www.HolyYoga.net site. As a certified Holy Yoga instructor, you will be given a password to access this portal and its many important features.

One of the many features of the ISPP includes on-line and regional support to enhance your ministry. In addition to personal support from Holy Yoga master instructors in your region, there is a portal on the Holy Yoga website that is specifically for instructors. The portal has every resource to facilitate, grow, and manage your ministry. The site includes access to instructor tools, including written and video of Holy Yoga asana descriptions, modifications, props, variations, and adjustments. It will also provide instructor tools and education information, information on Yoga Alliance registration, insurance coverage information, marketing materials, class/scriptural inspiration, Holy Yoga class music playlists, in-depth pose of the week, and an instructor/community chatroom. In addition, you can manage your own personalized web page on the main site so people looking for Holy Yoga in your area can connect to you.

Frequently Asked Questions (cont.)



Where are most Holy Yoga classes taught?

Most of our classes are facilitated in churches, although the YMCA does endorse Holy Yoga. Other possible locations include gyms, yoga or dance studios, women's and mother's groups, universities and community colleges, and privately. As an RYT certified instructor, you are insurable and can teach classes anywhere.

How much do instructors typically charge for teaching a class?

The classes we hold in churches are typically donation-based classes. We suggest a minimum donation of \$5 per class, but we have found that most participants give much more. We tend to shy away from a price list, as those who need it MOST may not have the resources. It also stays closer to our ministry roots.

Testimonials



My time on retreat was awesome. I discovered quickly that Brooke and the teaching team would deliver on their promise that Holy Yoga is all about Jesus and getting closer to Him. This was the 'real deal.' Not only so, but the yoga was also respectful of the Indian tradition and of the highest quality (in my judgment). I read the books on Christian yoga, and Brooke's book on Holy Yoga, but I was completely unprepared for just how powerful this stuff can be (and was for me) as a means of grace. The text of Scripture gets kneaded into one's musculature and comes alive! As if this wasn't enough, the fellowship of teachers and aspiring-teachers was amazing. There was nothing of that pretentious self-righteousness of religion, but only that genuine humility of people overtaken by grace and indebted to the love of Christ. I was immersed in the Body of Christ and it was functioning around me, healing me and bringing me the consolation of faith. It truly was awesome. ~ Peter Strand, Pastor of the First Presbyterian Church of Ridgefield Park, NJ

The community I experienced during retreat was overwhelming. WE encouraged one another in the different paths we are on in our lives and developed what I felt were heart felt life long connections. I have NEVER been a part of something so incredible and I was changed as a person of God for the better. ~ Robin Norgren, Graduate of Fuller Theological Seminary

Holy Yoga Instructor Training was a wonderful way to deepen my practice and deepen my faith. Brooke Boon's articulation of the important subtleties of each pose and her authentic devotion to Christ guide each student to integrate their mind, body and spirit in worship. ~ Michelle May, M.D., Founder of Am I Hungry?

When I first started to practice 'traditional' yoga, the spiritual connection was missing for me. I was turned off by the mysticism and chanting, and I felt disconnected from God and my body while on my mat. When Brooke Boon introduced me to Holy Yoga, I found exactly what had been missing. I couldn't get enough of it. As a result, I decided to go through Holy Yoga Instructor Training to deepen my understanding of yoga and my connection to Christ - without any plans to actually teach it. Near the end of my training, I was called to teach and have been teaching ever since. I fall more in love with yoga and Christ every time I'm on my mat, whether I'm practicing or teaching. It is an amazing gift to be able to dedicate our bodies to worship and experience His beauty and grace on our mat. I am truly blessed to be able to share this with others. ~ Dawn Rutledge, Owner Curves Ahwatukee

Finally my passion for fitness crossed paths with my love for Christ. Holy Yoga has blessed me as a fitness professional more than any other certification I have acquired over the years. Once you are given the tools to help you heal and touch others through the thorough and comprehensive Holy Yoga instructor certification, and you yolk that together with the Word and worship of our living God, you become that instrument that God can use to help either the lost or found live in true wellness. ~ Alisa Keeton, Founder Weigh Less to Feed More

Testimonials



I'm very, very happy that God is using Brooke in this ministry. She is a wonderfully articulate and knowledgeable yoga teacher. More importantly though is the way her love for Jesus spills over to her students. There is a strength and a boldness in her that you can tap into when proclaiming Jesus' message. I joyfully believe that Holy Yoga will bring many of God's children back to Him. ~ Rodney Saulters, Instructor

I did feel moved to tell everyone what a great program this is from the perspective of an experienced Christian Yoga teacher. I did receive a Christian Yoga certification from another program and spent just under \$3000. God taught me so much through my experience yet my lessons did not prepare me or support me as I began my journey to minister to all my students. Holy Yoga provides all the support and the marketing for you even after you complete the program. You could not find this kind of support anywhere in the yoga world unless you were singled out as a favorite by an instructor. The money you spend here and the information you are about to receive will be invaluable to you, especially if you decide to teach, but even if you just grow deeper in your love for the lord. I have taken a couple of Brooke's classes and they have inspired me to want to lead my students in the same way that she does. The authenticity of who Brooke is in Christ resonates from every word that she speaks. Please do not miss the opportunity to read the book Holy Yoga.
~ Sharon Lacey, Instructor

**During my Holy Yoga training, I felt the abundance of God's presence. It's clear that Brooke Boon humbly, joyfully, and gratefully seeks only the will of the Father. What's more, the training and knowledge imparted is impeccable and of the highest quality, surpassing any yoga school I've experienced.
~ Kymberly Saulters, Instructor**