



Instructor Training & Certification **20 Hour 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

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www.HolyYoga.net

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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 20 hour program requirements as outlined in [Certification Hourly Requirements](#)
- Payment of Holy Yoga Instructor Training Certification and Licensing fees
- 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

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 866-737-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 20 Hour CYT Accreditation



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

Technique - 4 hours

Teaching Methodology - 5 hours

Philosophy/Ethics/Lifestyle - 2 hours

Practicum - 5 hours

Balance of Hours - 15 hours

Total Hours - 20 hours

Required Reading

You will be required to read **Holy Yoga: Exercise for the Christian Body and Soul** by Brooke Boon, to be purchased separately. There will be training sessions dedicated to exploring its principles, verbal practice directives and biblical backing. You will be given reading assignments prior to the scheduled training sessions that will prepare you for the discussions.

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 five 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.

The Holy Yoga Experience

You will learn what it is to experience Holy Yoga. You will be given the history behind the Holy Yoga philosophy and mission as well as the tools needed to replicate it. You will be taught Holy Yoga verbiage and directives as we walk through pose articulation, benefits, and contraindications. Articulation of blanket and specific directives will be delivered in your included Holy Yoga posture DVDs.

Business & Ethics

You will learn how to start your own ministry. Included will be study on the ethics and responsibilities of doing work for God in a world that works for itself. You will be given tools, collateral material, and processes that have been developed to work for the implementation of Holy Yoga in churches, YMCAs, community centers, homes and Girlfriends Unlimited™ ministries worldwide.

Instructor Certification Hourly Requirements 20 Hour CYT Accreditation (cont.)



Business & Ethics

In addition, you will be given access to instruction tools via the internet for continual growth of your individual practice, your teaching and your ministry. Holy Yoga is dedicated to connecting people to Christ and is committed to providing you with the tools to do just that. We have a national strategic Christian Marketing and PR firm that represent and strive towards our growth, your growth and ultimately the growth of His Kingdom and glory.

Christian Yoga Philosophy

We will look at the philosophy of this emerging movement and the history that supports it. We will also look at the controversy surrounding Christian Yoga so that we are well equipped to re-educate and inspire people to unify with God through the practice of physical movement and collective worship, including mind, body and our spirit in Him.

Sequencing and Weaving

You will be taught the template for Holy Yoga classes. You will learn how to choose, present and message scripture, correlate scripture to physical poses and class sequencing that encourage an energetic experience of release and restoration. We are energetic beings by His design. Holy Yoga classes are designed to encourage God in our inmost beings via breath, the Word and physical awareness. Psalm 51:6 says “But you desire honesty from the heart, so you can teach me to be wise in my inmost being”. When we intentionally allow and encourage Him to find space in our physical bodies; He will restore, renew and recreate. We will study poses that correlate to physical energy and how to infuse that with the Word.

Volunteer Practical

You will be required to teach three community classes. These classes will be documented and submitted to Holy Yoga upon completion. The document will be a class participant’s review. The review form will be provided in your Holy Yoga Instructor Training Manual.

2007 Training Schedule



20 Hour CYT Accreditation

Summer 2008

Saturday, June 14	Session 1	Holy Yoga, Yoga & Health Benefits
Saturday, June 21	Session 2	The Energy Body, Hand Postures & Locks
Saturday, June 28	Session 3	Breathwork, Meditation, Weaving The Word & Seated Poses
Tuesday, August 11	Anatomy	Anatomy Immersion Training
August 18-24*	Retreat**	

Fall 2008

Saturday, Sept. 27	Session 1	Holy Yoga, Yoga & Health Benefits
Saturday, Oct. 4	Session 2	The Energy Body, Hand Postures & Locks
Saturday, Oct. 11	Session 3	Breathwork, Meditation, Weaving The Word & Seated Poses
TBD	Anatomy	Anatomy Immersion Training
TBD	Retreat**	

Winter 2009

Saturday, Jan. 10	Session 1	Holy Yoga, Yoga & Health Benefits
Saturday, Jan. 17	Session 2	The Energy Body, Hand Postures & Locks
Saturday, Jan. 24	Session 3	Breathwork, Meditation, Weaving The Word & Seated Poses
TBD	Anatomy	Anatomy Immersion Training
TBD	Retreat**	

Notes:

* Dates are tentative and subject to change.

** Retreat is not required for 20 hour accreditation, but it is highly recommended that you attend. Additional fees of \$800 apply for CEC hours, accommodations, food, and transportation (if applicable).

How To Apply



Holy Yoga 20 Hour CYT Accreditation: \$400

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 866-737-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 866-737-HOLY or 602-321-1918.
2. Submit Instructor Training Application with \$100 non-refundable deposit (will be applied to tuition).
3. Complete Phone Interview

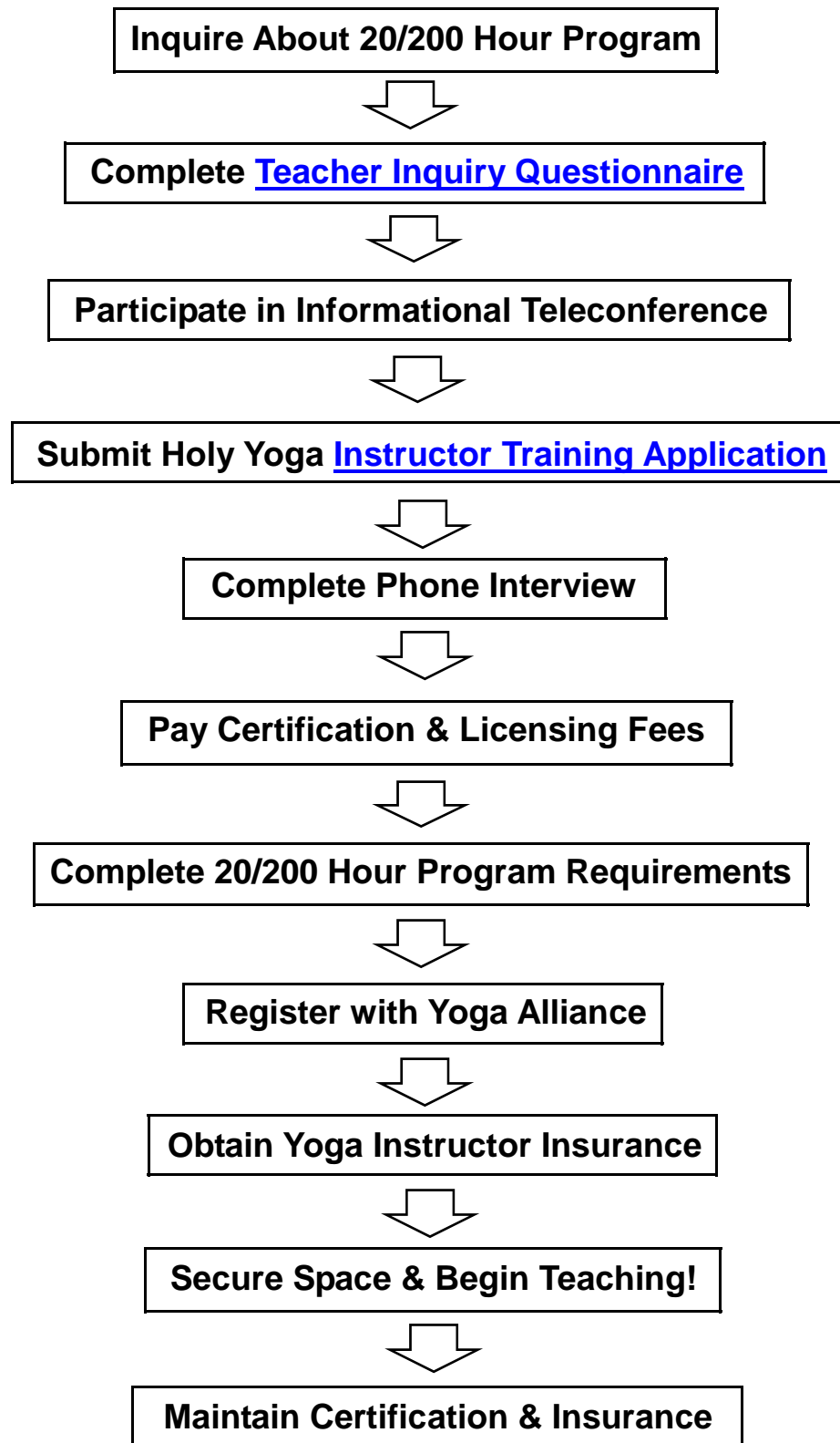
Continuing Education Credit

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 866-737-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, 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 instructors.***

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.

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.

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**