

# Holy Yoga 101 Workshop

Holy Yoga 101 is designed for people who are brand new to yoga and/or Holy Yoga. It's an opportunity for you to allow new students to build a foundation of yoga, becoming familiar with basic postures. In addition, students will begin to experience Holy Yoga as worship within an environment that fosters interaction and questions. This builds toward their success of the series completion and graduation.

This is an ideal class for a church that is interested in Holy Yoga classes but wants to test it out first.

Length: one 60-minute class/week for four (4) weeks

Cost: Suggested fee of \$25 for the 4-week series

- *Note: some churches may not allow you to charge.*

## PROMOTIONAL MATERIALS

- Introductory letter to a church
- Holy Yoga 101 press release
- Holy Yoga 101 half page flier
- Post on your social media sites

## ADDITIONAL MATERIALS FOR THE WORKSHOP

- Holy Yoga 101 certificate
- Upcoming class schedule, flier, brochure
- Pose booklet
- Mats, straps, blocks
- Waiver
- Music for Holy Yoga experience (see [Holy Yoga's Spotify](#)).
- Coin or card to indicate if someone wants to be touched

# *workshop outline*

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## INTRODUCTORY SERIES—WEEK 1

- Bless them with scripture upon arriving: Maybe you hand write scripture cards or print out verses or create book markers, but provide each student with scripture so they can cling to the truth of what Holy Yoga really is.
- 20 Minute Discussion: In all of these discussion segments, feel free to move your students into varying seated or kneeling postures so they do not grow uncomfortable and so they have an opportunity to experience movement even as they are in discussion time.
  - Introduction of Holy Yoga Instructor: Give a brief introduction outlining your faith walk and what drew you to Holy Yoga. Share your favorite scripture or life verse. Relate to your students, share any fears you may have first felt and eventually overcome. Talk briefly about the impact Holy Yoga has had on your life.
  - Introduction of Students: Ask each student to introduce themselves and briefly explain why they are interested in Holy Yoga and what their personal Holy Yoga goals are.
  - History of Yoga: Classical techniques of yoga date back more than 5,000 years. The word yoga, a Sanskrit term, means “to join or yoke together” and it brings the body, mind, and spirit together in one harmonious experience. Yoga was popular in the Eastern traditions for centuries. There is a common misconception that yoga is rooted in Hinduism, but in fact yoga predates Hinduism. Yoga was introduced in the United States in 1800s, but not widely practiced until the 1960s.
  - History of Holy Yoga: Holy Yoga is the intentional practice of connecting our entire being; body, mind, and spirit with God; the Father, Son and Holy Spirit. With complete reliance on God's Word and prayer, Holy Yoga invites us to surrender and introduces us to Grace. When we breathe and move and have our being in Christ, we find ourselves in the flow of His magnificence. There is often a misunderstanding that yoga is a religion; it is not. Yoga is a spiritual discipline, much like prayer, fasting and meditation. Yoga has the capacity to enhance our personal beliefs and
  - faith. Holy Yoga is an international ministry founded by Brooke Boon, a devout lover of the Lord who has facilitated the instruction of more than 4500 Holy Yoga instructors worldwide.
  - Holy Yoga Basics: The system of yoga is built on three main structures: exercise, breathing, and meditation. Holy Yoga brings all three structures together with complete focus on connecting to Christ so that you can experience the healing power of God and begin to change not only your body, mind, and spirit, but also your life – from the inside out. The practice of Holy Yoga brings Mark 12:30 to life! “Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

- Connect with God - 1 Thessalonians 5:16-18 “Rejoice always, pray continually, give thanks in all circumstances for this is God’s will for you in Christ Jesus.” The most important part of your Holy Yoga practice is complete and simple reliance on God the Father, Son, and Holy Spirit.
  - Deep belly breathing - Job 33:4 “The Spirit of God has made me, and the breath of the Almighty gives me life.” In Holy Yoga, we breathe through our nose on both inhalations and exhalations. Breathing exercise with hand in front of face. Students breathe out nose first, then out mouth. Which one is hotter on the hand? We breathe through the nose so the additional heat which would be expelled from our mouth remains in the body.
  - Honor your body - 1 Corinthians 6:19 “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?” Honor where your body is at, being mindful of any injuries. Resting in child’s pose or any resting posture at any time you feel the need.
  - Be sensational - Psalm 139:14 “I praise you because I am fearfully and wonderfully made...” Be aware of the sensations in your body; it is important to feel something in every pose. Working at the place between easy and hard. Holy Yoga believes that a good instructor will tell you how to get into the pose while a great instructor will tell you how to feel in the pose.
  - Release your expectations - Matthew 11:28 “Come to me, all who labor and are heavy laden, and I will give you rest.” Allow yourself to be exactly where you are today. Practice without an agenda and see where God meets you.
  - Remove any sense of competition - Luke 1:37 “For nothing will be impossible with God.” Surrender to God’s grace, keep your focus on Christ and remove any feelings of competition with yourself or others.
  - Find freedom not judgment- Matthew 7:1 “Judge not, that you be not judged.” Embrace your imperfections! Ask questions, support one another in this new journey with Jesus.
  - Join God in the present moment - Matthew 6:34 “Therefore do not worry about tomorrow, for tomorrow will worry about itself.” Use your breath to stay in the present moment, focus on Christ. When your mind wanders (and it will) simply acknowledge it and return the focus to God, your breath and the sensation of your posture.
- Explain the Holy Yoga Class Experience: Holy Yoga classes are a time of worship and praise of the triune God utilizing our entire body. We open and close our classes with prayer. We utilize a verse or series of verses throughout the class as a moving meditation or a moving Bible study. We typically play popular contemporary worship music to enhance the spiritual and physical experience.
    - The Word & Warm Up.
      - Deep breathing - Gets us focused on the Word, calms our mind, oxygenates the blood, warms the body, and generates focus for the class.

- Son Salutations – Series of poses linked together with the breath. Works all major muscles and joints through their full range of motion, elevating the core body temperature.
- Root Down to Rise Up.
  - Standing poses – Build strength, endurance, and flexibility in upper and lower body. Poses flow to the rhythm of your breath or are held for 2-4 breaths. Balance poses – Standing balance poses to keep head over heart and equalize blood pressure in the upper and lower halves of the body. More advanced classes may include arm balances as well.
- Be Still & Know.
  - Floor poses and deep stretching using prone, seated and reclining poses that build strength and enhance flexibility. Hold poses 4-8 breaths each side.
  - Deep backbends, leg stretches and upper body releases.
- Son Bathe.
  - Minimum 5 minutes - this is your final relaxation posture reclined on your back bathing in the Grace of God and the Truth of His Word.
- 30 Minute Gentle (primarily seated or reclined postures) Holy Yoga Class - Provide the full experience with prayer, scripture, and music.
- 10 Minutes for Questions: After closing the 30-minute Gentle Holy Yoga class in prayer, ask if they have any questions.
- Preview of next week which will focus on the physical and spiritual benefits of Holy Yoga and the practice of balance.

## INTRODUCTORY SERIES—WEEK 2

- 15 Minute Discussion
- Welcome Back: Thank your students for having the commitment to return, ask how they felt last week.
- Physical Benefits of Holy Yoga
  - 1 Timothy 4:8 “For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”
  - Increased flexibility. Holy Yoga helps loosen joints not worked in typical exercise routines.
  - Increased lubrication of the joints, ligaments and tendons. This lubrication reduces cell deterioration, slowing the aging process.
  - Stimulation of organs (internal glands) - this stimulation and massage helps keep away disease. We develop a sense of awareness of imbalances in our bodies. Holy Yoga can help physical ailments such as diabetes, blood pressure, digestive disorders, arthritis, chronic fatigue, asthma, varicose veins and heart conditions. Why? Because it supports balance in the nervous and endocrine systems which directly influence all other systems and organs of the body.
  - Complete detoxification— by practicing Holy Yoga, we are sending an optimum blood supply to various parts of our body.
  - Excellent muscle toning- muscles are stimulated repeatedly to shed excess weight. Through regular practice of Holy Yoga, weight loss can occur and the physical appearance of your body evolves as your muscle tone and posture improve.
- Mental Benefits of Holy Yoga
  - John 14:27 “Peace I leave with you; my peace I give to you....”
  - Holy Yoga reduces stress, increases emotional balance, and self-acceptance while building complete reliance on God. The practice of yoga in general can aid in the cure of depression, obsessive compulsive disorders and addictions.
- Spiritual Benefits of Holy Yoga
  - 1 Thessalonians 5:23 “Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.”
  - The sole purpose of Holy Yoga is to create a deep, rich, intimate connection with Christ. Yes, the physical and the mental benefits of yoga are amazing, but in Holy Yoga we come together for the purpose of worshiping the Triune God. It is in Christ that we live and move and have our being and apart from Him we can do nothing.
- Holy Yoga and Balance
  - Improvement in balance is one of the major benefits of yoga. Improved balance is referred not only to the sharp physical coordination but also to the balance between the left and right, front and back, and high and low aspects of one's body. As far as balance of the body is concerned, few of us have proper balance. We may be stronger on one side but weaker on the other side.

- Similarly, we can turn our head or twist our spine more in one way than the other. We can bend forward with ease but not backward.
- Practicing Holy Yoga balances the entire nervous system and also energizes and relaxes the body simultaneously. For the true benefits of yoga to take place, both sides of the brain need to be worked out. That is why a lot of the yoga poses concentrate on training and using both sides of the body. Standing poses are excellent for rebalancing as our bodies tend to rely on the stronger and more dominant side.
- Asymmetry and imbalance in different parts of the body create stress and strain. Many times, this leads to injury, pain, or just simple discomfort. Holy Yoga helps in creating balance and harmony in the body. Yoga creates symmetry throughout your body, making you strong and flexible and balanced. Thus, yoga helps in attaining a balanced attitudinal equilibrium.
- Holy Yoga also teaches you to balance the mental urge to push, control, and be assertive with the impulse to yield, submit and be passive. There is a balanced exchange in the practice of Holy Yoga. We exhale ourselves and inhale the Spirit of God. We exchange our humanity for God's divinity, for His Grace, for His love. We surrender our will to align ourselves with His will.
- Through a regular Holy Yoga practice we transition that focus on balance in body, mind and spirit from the class into our everyday lives, bringing a healthier Christ-focused balance into our homes, our families, our work and our communities. We become the hands and feet of Jesus.
- 50 Minute Beginner's Holy Yoga Class
  - Class builds on Week 1 poses with an emphasis on balance. Provide the full experience with prayer, Scripture and music. Have students do a gentle version of the middle of Sun Salutations, moving from child's pose to plank on their knees, lowering down and exhaling back to child's pose.
- 10 Minute Discussion/Question and Answers
- Preview next week: Foundational strength poses (warriors) and locks

## INTRODUCTORY SERIES—WEEK 3

- 20 Minute Discussion
  - Titus 1:15 To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both their minds and their consciences are defiled.
- What are chakras?
  - *This is optional; however, we have found that many people have questions about chakras so it may be helpful to talk about it right away.*
  - Chakras are one way that man has, over time, come to interpret how God created us as physical and energetic beings. Any understanding of energy centers should always point us to a deeper connection with God's truths revealed in His Scripture and a dependence on Him for true and lasting transformation. Knowledge about chakras can only enhance our physical, spiritual, and emotional bodies if we surrender this knowledge and control to the authority of Jesus and allow Him to change and renew us. Christ alone is the one who brings healing, balance, and wholeness to our lives.
  - The chakra system is a visual template for understanding how to maintain spiritual, physical, emotional, and social balance within the body and those around us. To understand the chakras in relation to Scripture is to see how the chakras echo what God has created in the human body; it is not meant to make the chakras fit into Scripture. (Show your chakra chart)
    - Root Chakra
    - Sacral or Spleen Chakra
    - Solar Plexus Chakra
    - Heart Chakra
    - Throat Chakra
    - Third Eye Chakra
    - Crown Chakra
  - The ethereal, emotional, mental, and spiritual body seen in Mark 12:30 is reflective of Scripture speaking to different energy centers of the heart, mind, soul, and body. We will not find the word chakra in the Bible (like we won't find yoga), but we will find evidence of energy. Because He is the creator of energy, it is all about what we do with it and who we direct it towards. It is vital for our spiritual health to look toward the Light of Christ for clarity, wisdom, and revelation.
- Energetic Locks
  - The locks in the body are intentional muscle contractions, with the aim of redirecting the energy flow within the body. This technique speeds up the rise of energy from our most base (physical body) to our highest (spiritual body).
  - 1 John 4:8 In Scripture the highest level is LOVE! The subtle bodies rise into higher frequencies like scales on an octave. Spiritually, love is considered the highest form of expression of God's nature. Jesus showed love physically by coming down from Heaven in the flesh and spiritually resurrecting His body, returning back to Heaven.

- Students have been engaging their locks the last two weeks without knowing it. When you ask them to “soften the tail”, “engage your core”, “draw your abs in and up”, “draw your skull back”, these movements engage the locks in their bodies and help direct the flow of energy.
- The body has three locks, or series, of energy gates; walk students through each of these.
  - Root Lock is located by the sexual organs. This stops downward flow of energy so that it can be equalized with upward flow of energy. It’s stimulated by contracting the sex organs, the navel, and the rectum. This motion consists in three parts. First, the anal sphincter is contracted, then the sex organs; and third the lower abdominal muscles and the navel towards the spine. There is an upward and inward feeling.
  - Stomach Lock is located at the diaphragm level. It creates a further lift for the upward flow of energy. To apply one must breathe in, breathe out completely, and while maintaining the breath out hook the abdomen in and up.
  - Throat Lock is located at the top of the throat. It stops the flow of energy from leaking upward out of the torso and downward from the head to the torso. To apply, lengthen the spine, skull draw—that is bring the cervical spine in alignment with the rest of your spine so your head comes back slightly, then extend your crown up while lightly softening your chin (as though your throat were smiling).
- 50 Minute Level 1 Holy Yoga Class
  - Pose focus: Warrior Poses with emphasis on engaging locks. Provide the full experience with prayer, Scripture, and music. Also add in the first portion of Son Salutations by having students move from mountain, inhale up, forward fold, lift halfway up, fold out and inhale all the way up, exhale heart center.
- 5 Minute Wrap Up/Questions
- Preview next week: Breath with movement and Son Salutations



## INTRODUCTORY SERIES—WEEK 4

- 10 minute discussion
- Linking Breath with Movement: Vinyasa
  - Genesis 1:9 "... then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature."
  - Holy Yoga Flow or Vinyasa means "breath-synchronized movement." In other words, we move from one pose to the next on an inhale or an exhale.
  - Cat-cow is an example of a very simple flow, because the spine is arched on an inhale and rounded on an exhale.
  - The Sun Salutation sequence is an example of a more complex flow. Each movement in the series is done on an inhalation or an exhalation. In Holy Yoga, we practice Sun Salutations, verses Sun Salutations because our focus is firmly on Christ and we move in worship to Him.
- Sun Salutations: Watch instructor for two, then do as a group.
  - 2 Samuel 6:14 "And David danced before the LORD with all his might."
  - A Sun Salutation is a sequence of 8 postures. It can be a complete practice in itself, (great to do in the morning to wake and energize) or a part of the warm up phase of a full class. Sun Salutations are often performed in sets of 5, but if you are new to the practice it's wise to begin with 2 or 3. Each time you flow through this sequence, synchronize your breath with the movements of your body.
    - To begin, stand in Mountain Pose. Distribute your weight evenly over both feet. Establish a slow, steady rhythm for your breath. Find your center.
    - Next, inhale and stretch your arms out to the side and overhead into Praise Hands. Reach your heart and arms to Heaven, sending your greeting to Jesus.
    - As you exhale, hollow out your belly and fold into Standing Forward Fold, connecting down into the earth, the dust from which we were originally created. Keep your legs firmly engaged.
    - Inhale and lengthen your spine forward into Half Standing Forward Bend. In this pose, the gaze is lifted, the spine is extended, and the fingertips can stay on the floor or rise to the shins.
    - Exhale and step or lightly float your feet back behind you into Plank Pose. Your hands will stack below your shoulders with your fingers splayed. Your feet should be at hip distance. Take a full breath in as you lengthen through your spine.
    - Exhale and lower into Push up/Crocodile, keeping your legs straight and rolling onto your toes, or for a Modified Plank bring your knees to the floor, flatten the tops of your feet to the floor. Build heat in the center of your body as you hold this challenging posture then release down to the floor.
    - Inhale and rise into Cobra or Upward Facing Dog, directing that energy out from your heart. Draw your shoulders back and open your collarbones. Engage your legs but relax your gluteal muscles.

- Exhale and tuck your toes while raising your hips and pushing back into Downward Facing Dog. Your back is flat, hips high, heels low. You can choose to rest here for several breaths or move on inhale.
- As you inhale bend your knees and look between your hand, stepping or lightly hopping your feet between your hands, returning to a Standing Half Forward Fold.
- Exhale back to Standing Forward Fold, surrendering into the fold.
- Inhale, reaching your arms out wide to your sides and coming to stand through a flat back. Feel a renewed sense of energy as you draw your arms overhead into Praise Hands.
- Exhale and return to Prayer Position (hands at heart center) your home base. Remain here for a few breaths, feeling the movement of energy through your body, or continue on.
- 55 Minute Slow Flow Holy Yoga Class
  - This is a full 55-minute Holy Yoga experience with prayer, Scripture and music. The focus is on linking their breath to their movement and the introduction of full Sun Salutations.
- 10 Minute Holy Yoga 101 Graduation Ceremony
  - Make your students feel like the beloved children of God that they are. CELEBRATE them! Let them know they are now equipped to take any beginner to intermediate level Holy Yoga class and walk into any studio with the confidence that they have a firm understanding of the basics of yoga and the ability to safely move their body, the temple of the Living God.
- Handouts
  - Certificates of Completion of Holy Yoga 101
  - Upcoming Holy Yoga Class Schedule