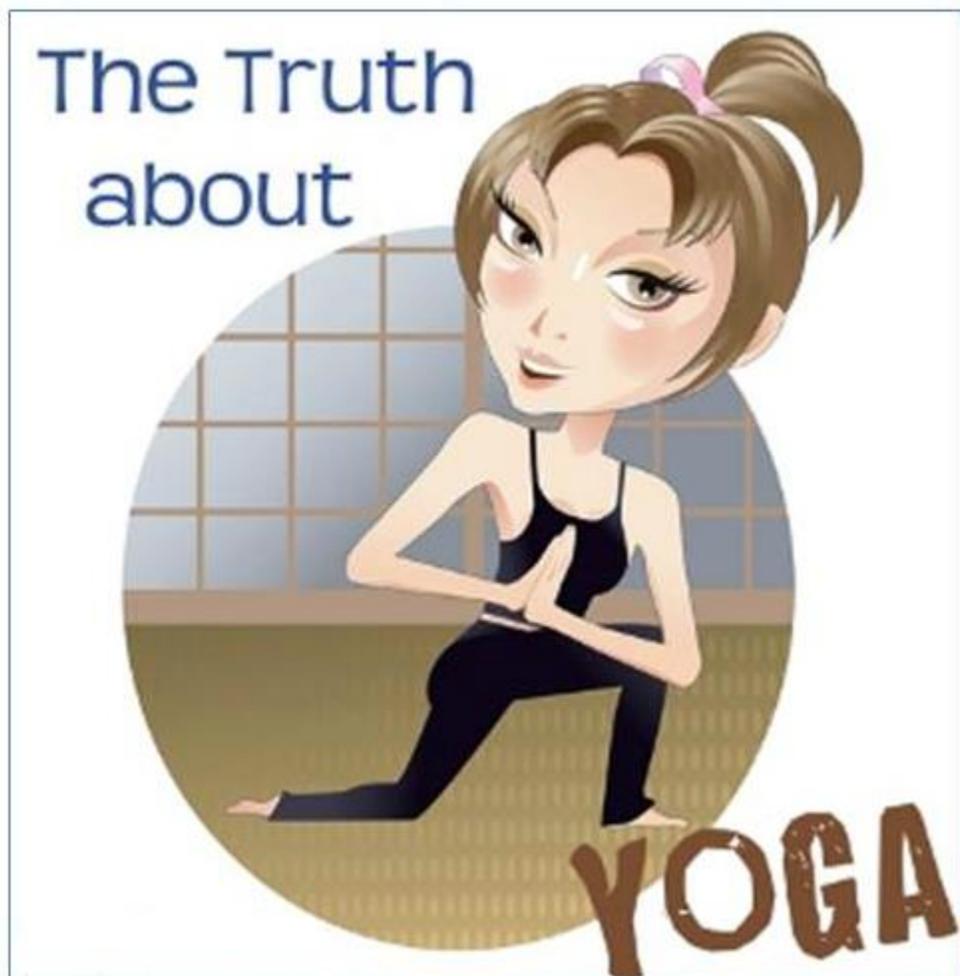


“The TRUTH about Yoga: Peaceful Practice or DANGEROUS Deception?”

Sharing from 22 Years as a
FORMER Yoga Enthusiast and Yoga Instructor, Dr. Laurette Willis



With Dr. Laurette Willis, CHC, CLC, Th.D.

<http://PraiseMoves.com>

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Hello! I'm Dr. Laurette Willis, the Founder and Director of PraiseMoves Fitness Ministry at PraiseMoves.com. I have been blessed to help thousands of people regain their health, deepen their relationship with the Lord Jesus Christ, and become "Fit Witnesses for Christ in spirit, soul and body."

As a professional speaker, and an author with Harvest House Publishers and Destiny Image, I've spoken internationally and have produced fitness DVDs, books, and TV shows, as well as trained hundreds of Certified PraiseMoves Instructors around the world.

PraiseMoves is "The Christian *Alternative* to Yoga." We also offer MIRA! ("Christian Fitness with a Latin Beat" which many call "the alternative to Zumba"), PraiseMoves Gold (for seniors and those with limited physical mobility), PraiseKICKS (Kickboxing with the Word), L.I.F.T. (Laughter-In-Fitness-Training), and PraiseWaves (Aqua PraiseMoves). I'm a Certified Health Coach with a Biblical Perspective, Founder of the Certified Health Coach Institute, and a Certified Life Coach, coaching clients with our Personal Transformation Program (*Renewing the Mind on God's Word + Retraining the Brain with Neuroscience*).

**Do you have Questions about yoga, so-called
"Christian yoga," and the PraiseMoves difference?
Let's explore them together... 😊**

#1. What IS Yoga? Isn't it "just exercise"?

According to Webster's New World Dictionary, yoga (coming from an east Indian Sanskrit word which means "union with god" or "to yoke") is

"a mystic and ascetic Hindu discipline for achieving union with the supreme spirit through meditation, prescribed postures, controlled breathing, etc."

Question: Does that sound like "Salvation by works" to you?

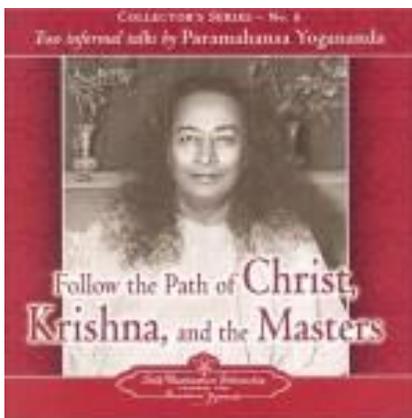


Merriam-Webster’s online dictionary defines yoga this way: “Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the **self may realize its distinction from them and attain liberation.**”

Swami Vivekananda (*at right*), “Indian priest and mystic,” who first introduced yoga to the West at the 1893 World’s Fair in Chicago. He has been called “**Hinduism’s greatest modern missionary**” by Swami Palani in Hinduism Today.



“Yoga is the missionary arm of Hinduism and the New Age movement.” – Dr. Laurette Willis, PraiseMoves.com



Another Hindu missionary welcomed into elite circles was Paramhansa Yogananda (*at left*) founder of the famous Self-Realization Fellowship in Los Angeles.

Yogananda persuaded listeners that yoga was completely compatible with Christianity. Wearing a cross, he came to America in the 1920s with the Hindu religious text, the Bhagavad Gita, in one hand and the Bible in the other.

Yogananda said that yoga was the binding force that could connect all religions.

Question: Can yoga be a bridge or “binding force” between Christianity (*a personal relationship with Jesus Christ*) and a **religion** (*such as Hinduism or Buddhism*)?

What do Hindus Say?



Quoted in Hinduism Today: Professor Subhas Tiwari of Hindu University of America (*at left*).

*“The simple, immutable fact is that yoga originated from the Vedic or Hindu culture. Its techniques were not adopted by Hinduism, but originated from it... **The effort to separate yoga from Hinduism must be challenged because it runs counter to the fundamental principles upon which yoga itself is premised...***

“Efforts to separate yoga from its spiritual center reveal ignorance of the goal of yoga.” (HinduismToday.com – 9/1-3/09).

#2. Yoga POSES are Offerings to idols?!!!

- “Yoga poses are offerings to the 330 million Hindu gods”— George P. Alexander, Ph.D., who taught World Religions at Biola University.
- Acts 15:29 tells us to “*abstain from things offered to idols.*” Is a pose a “thing”?

Question: Do you see a “twisting” of Romans 12:1 here? (“*Present your bodies a living sacrifice...*”)



#3. Can Christians do Yoga – just for exercise?

Sannyasin Arumugaswami, at left, managing editor of Hinduism Today said that Hinduism is the soul of Yoga.

“A Christian trying to adapt these practices will likely disrupt their own Christian beliefs.”

– Sannyasin Arumugaswami (Orlando Sentinel, May 2, 2006)

Part of My Story:

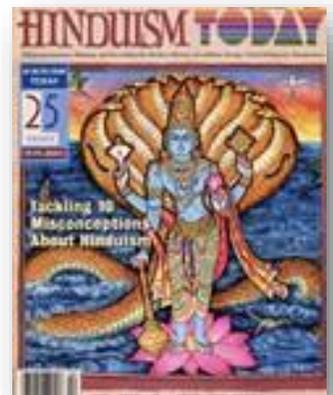
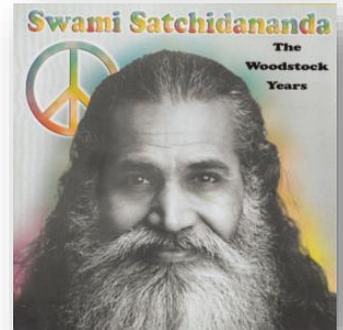
I was “blessed” by famed yogi Swami Satchidananda at the Ananda Ashram in upstate New York when I was ten years old—less than three years after my mother and I began yoga “just for exercise.” My mother became a Hatha yoga instructor, and later so did I – and spent 22 years in the New Age movement.

In an article “An Open Letter to Evangelicals” from the January 1991 issue of Hinduism Today, Swami Sivasiva Palani wrote:

*“A small army of **yoga missionaries** – hatha, raja, siddha and kundalini – beautifully trained in the last 10 years, is about to set upon the western world. They may not call themselves Hindu, but Hindus know where yoga came from and where it goes.”* Yoga certainly has grown in Western culture since 1991!

Swami Palani goes on to write:

*“We hope this proves useful to you. I close with a quote from Swami Vivekananda, **Hinduism’s greatest modern missionary**, spoken in January of 1895, ‘What I now want is a band of fiery missionaries.’ It’s a hundred years late. But **it appears he’s going to get his wish.**”*



Are You a Yogi?

In the West, the term “yogi” is used to refer to anyone who practices yoga.

However, in the Bhagavad-Gita, the god Krishna says that the true yogi is one who has surrendered himself “fully unto me.”



There IS a “Lord of Yoga”

This “Lord of Yoga” is also known as **“Shiva, The Destroyer”** and **“The god of Death”** (at left).

This is one reason why I call yoga “a discipline of death;” it prepares the body for death (and then on to reincarnation, which is the Hindu belief).

Who is Shiva?

While Hinduism recognizes 330 million gods, the trinity of chief Hindu gods includes Brahma (creator), Vishnu (preserver) and Shiva (destroyer).

According to Webster’s Dictionary, Shiva is the Hindu god of destruction and rebirth. Shiva is Lord of Yoga (Yogeshwara) – according to Bhagavad-Gita, and **the first Hatha Yoga teacher** – according to the Hatha Yoga Pradipika (HYP), the classic text for Hatha yoga (the type of yoga taught in fitness centers and many churches).

*“The thief does not come except to steal, and to kill, **and to destroy**. I have come that they may have life, and that they may have it more abundantly”* (said Jesus in John 10:10).



Question: WHAT IS A PRACTICE DEDICATED TO “LORD” SHIVA, THE DESTROYER, DOING IN THE CHURCH OF THE LORD JESUS CHRIST?

Do you think spiritual influences can affect us – even if we don’t believe in them?

- Have you ever been influenced to do or say something contrary to what you would normally do or say? Why is that?
- Are there influences or spiritual forces beyond what we can see physically?
- Can you think of examples which influence us in music, media or elsewhere?

#4. What is "New Age" spirituality or the New Age Movement?

New Age is a combination of several religions and has as its foundation pantheism (the doctrine that all forces, manifestations, etc. of the universe are God; also, the worship of all gods) and astrology (the belief that the positions of the sun, moon, stars and planets guide or affect human affairs, and can foretell the future).

New Age is HUGE in Western culture, especially in the U.S. and Canada. Yoga is one of the primary entry points into New Age thought and culture. Not surprisingly, the same deceptive philosophy I was taught in the 1970s-1980s is being taught today.

#5. How about "Christian Yoga"? That's okay, isn't it?

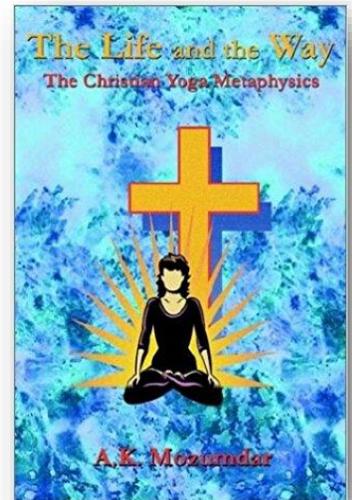
"Christian yoga is an oxymoron." —Dr. Laurette Willis, TIME Magazine, Sept. 2005. How can one combine a RELATIONSHIP with God (Christianity) with a Religion (yoga/Hinduism)?

The "Father of Christian Yoga" was—a Hindu?!!!

Yes, A.K. Mozumdar (1864-1953), a Hindu and espouser of "New Thought" and Universalism, wrote books on "Christian Yoga Metaphysics" and was the founder of the Christian Yoga Society.



Mozumdar wrote: *"If man thinks and acts, is not the thinker and actor God? If God is all life, then all lives are God. The creative power is the very nature of the being of the Creator; hence the creative power is God. Life is the Creator, and will never be reduced to the level of its own creation. This knowledge sets a man free."*



BUT WAIT!!! Proponents of today's "Christian yoga" are not followers of A.K. Mozumdar!

Most likely that's true. However, consider the intent behind Mozumdar calling his book, magazine and practice "Christian yoga." He is named the "Father of Christian Yoga," and Founder of the "Christian Yoga Society." And he was a Hindu! **CONFUSING?!!!**



Christian Counselor ties Yoga with "Chaos & Confusion"

"I've noticed a consistent pattern in my clients who are Christians and are involved in yoga, whether it is 'regular yoga' or 'christian yoga'...their lives are marked with chaos and confusion." - Celeste Davis, The Wellness Workshop



#6. Am I My Brother or Sister's Keeper?

To strong Christians (strong in their relationship with the Lord as well as the strong-willed, strong-minded ones) I say:

Certainly, you may not be adversely affected by the subtle seeds of doubt and New Age thought planted in yoga classes (remember, I once taught Hatha yoga —I recall the subtle New Age phrasing within verbal cues). You may even be

going to a yoga class devoid of New Age lingo and Hindu terminology.

However, would you agree there are people in your life whom YOU influence?

Might there be some unbelievers and new believers watching and learning from you? A young follower may not have your discernment. She may be like my mother and I were – weak and unskilled in the Word of God, and open to the deceptions of the enemy.

Do you think there's a possibility she may wind up in the New Age movement as I did if she began following you into yoga because you acted as if it were "just exercise"?

Question: Are we responsible for living our lives in such a way as to be a help or a hindrance to the cause of Christ? What about Yoga in Schools – is that okay? Some parents are pulling their children out of yoga classes because of its ties to Hinduism and New Age. See PowerMovesKids.com for an alternative to yoga in public schools.

#7. What is PraiseMoves?

PraiseMoves is "The Christian ALTERNATIVE to yoga."

Each one of over 150 PraiseMoves postures is linked to a Bible scripture we meditate upon & speak aloud while doing these stretching & strengthening postures ("*faith comes by hearing, and hearing by the Word of God*" Rom 10:17). **Scripture IS the Foundation to PraiseMoves.** It's powerful and life-changing!

The believer's walk is one of **renewing the mind on the Word of God** (Romans 12:2), as we do in PraiseMoves, *not emptying the mind* – a practice common in yogic meditation.

No, you don't have to do PraiseMoves – but why not consider a stretching and flexibility class instead of yoga? If still unsure, please pray and ask the Lord about it.

"Beloved, if our heart does not condemn us, we have confidence toward God" 1 John 3:21.





PraiseMoves' foundation scripture is 1 Corinthians 6:20, **"For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."**



People who have sought a safe *alternative* to yoga have told me PraiseMoves is answered prayer. HUNDREDS of women and men all over the world are **Certified PraiseMoves Instructors.**

The Real Foundation of PraiseMoves (it's not exercise!)

The FOUNDATION of PraiseMoves is the Word of God we speak aloud or meditate upon while doing PraiseMoves postures.

Here is one of our more advanced postures, The Prize. It is a moving posture—your hands move from behind you to pressing forward as you speak the scripture aloud.

The Prize Posture – Phil. 3:13-14



The Prize posture – PraiseMoves.com

"Brethren, I do not count myself to have apprehended; but one thing...forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus" (Philippians 3:13-14). Meditate on this scripture during the posture.

PraiseMoves' stretching and strengthening postures are a "witty invention" to get you more into the Word of God – and to get more of the Word of God into you!

As mentioned above, each of our more than 150 PraiseMoves (including **Hebrew letter postures!**) is ascribed a scripture we meditate upon and speak aloud. That's why we say, **"Transform Your Workouts into Worship with PraiseMoves!"**

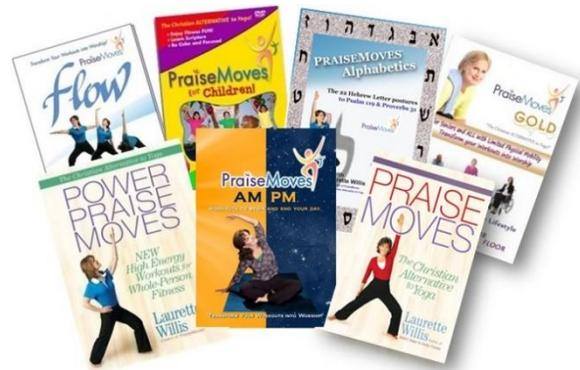
At right is **The Flapping Tent** "The Spirit of God has made me, and the breath of the Almighty gives me life" (Job 33:4).

Thank you for letting me share the truth about yoga and the PraiseMoves difference with you. 😊 May God richly bless you. He loves you so much. He is faithful and true, glory to God!

Certifications available for Certified PraiseMoves Instructors:



To learn more about our online workouts, classes, training to become a Certified PraiseMoves Instructor (CPI), and more, please visit PraiseMoves.com



or DANGEROUS Deception?" | With Dr. Laurette Willis, CHC, CLC, Th.D.
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 " The TRUTH about Yoga:

