



# MASTERS

Instructor Training

HOLY  YOGA™

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*Come, follow me,” Jesus said, “and I will make you fishers of men.”*

**- Mark 1:17**



## Brooke Boon, E-RYT, M-HYI - Director

A yoga practitioner since 1998, Brooke founded Holy Yoga, an international 501C3 Non-Profit Ministry in 2006. She is the creator of Holy Yoga’s 95, 225 and 300-hour instructor training programs and facilitates the education and certification of hundreds of Holy Yoga instructors annually worldwide. Brooke is the author of Holy Yoga: Exercise for the Christian Body and Soul and co-author of Hatha Yoga Illustrated. When she is not raising her children or pursuing adventure, you can find her serving as Executive Director of Holy Yoga TV and President of the Board at Holy Yoga.

# What is Holy Yoga?

**Holy Yoga** exists because in a broken and hurting world everyone deserves a place to belong. Holy Yoga is an experiential worship created to deepen people's connection to Christ. Our sole purpose is to facilitate a Christ honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness. Holy Yoga exists to carry the Gospel to the ends of the earth through the modality of yoga.

**Christ-Centered:** Jesus is central to all that Holy Yoga stands for and the reason we exist. In him alone we know who we are and who we are living for (Ephesians 1:11). While yoga philosophy is presented, Holy Yoga's programs and teaching are based solely on the Word of God.

**Wellness:** We are a community that loves Jesus *and* holistic wellness. Our world-class training programs are taught by highly-skilled and experienced instructors with broad fitness and wellness backgrounds.

**Community:** Holy Yoga Instructors belong to Christ-centered communities across the globe where individuals walk with God and do life together.

**Living Beyond Ourselves:** In a broken and hurting world everyone deserves a place to belong. Our instructors are trained by Holy Yoga Global, LLC and resourced by our Foundation to serve God by bringing the gospel through the modality of Holy Yoga to the ends of the earth.

# What is Holy Yoga Masters?

**The Holy Yoga Masters program** is a 300-hour advanced training program designed to equip every wellness professional for service and work in the field of yoga. It is an in-depth study into yogic philosophy and principles in tandem with an in-depth study of God's kingdom culture and the persons of the Trinity. The Masters program is for anyone and everyone looking to grow deeply in their knowledge of yoga and Christ.

To participate in Holy Yoga Masters, you must be called by God via the Holy Spirit. It is a very intense and intimate program that requires total surrender of self and recognition of His sovereignty over your life. This is completely Spirit led, so participation simply requires prayer and obedience. Please respond only if you have been affirmed by the Spirit.

## Qualifications for Certification

The Holy Yoga Masters is very intense program requires a nine-month study commitment. Upon completion of the program requirements, you will receive a certificate of completion. If you decide to pay the Basic Licensing Fee to become a certified Holy Yoga Instructor, you will be able to use the Holy Yoga trademarked name and teach using the Holy Yoga brand. We ask all certified Holy Yoga Instructors to adhere to the following:

- be committed in faith to Christ.
- be committed to learn and grow in Him and in Holy Yoga.
- be committed to being stretched in all senses of the word.
- be committed to leading a life that is glorifying to God and is consistent with the values of a Christ-centered life.
- use Holy Yoga tools and materials and abide by the brand specifications and requirements.
- believe in the [Holy Yoga Statements of Faith](#)

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# Training Details

## Curriculum

HYM consists of an advanced certificate that is exclusive to the Holy Yoga program. It requires a twelve month study commitment and includes the following components:

- In depth bible studies of God the Father, God the Son, God the Spirit
- Biblical applications of Yamas & Niyamas
- The Spirituality of Addiction and Idolatry
- Holy Yoga Therapy for grief, trauma and mental illness
- Christian Mystics, The Yoga Sutras, and Chakras
- Therapeutic applications of Holy Yoga
- Introduction to Kinesiology
- In depth Physiology of Breath, Meditation and Movement

### *Hourly Breakdown*

- Classroom (webinar) - 80
  - Practice/Assist/Teaching/Viewing - 98
  - Home Study/Required Reading - 84
  - Community Outreach Project - 40
- Total: 300 hours**

### *Weekly Time Commitment*

- Weekly calls - 2 hrs
  - Weekly assignments - 2 hrs
  - Reading/Video Viewing - 3 hrs
  - Community Project - 1 hr
- Total: 9 hours/week**

### *Community Outreach Project*

Our world is full of needs. There are countless opportunities for us to reach out to those around us; we simply have to open our eyes. We want to see the world through a new perspective, one that says “What can I do to serve those around me?” In your HYM Community Service/Outreach Project, you will use the four pillars of Holy Yoga to plan, execute and report about a way that you and/or your community “got in the game” and served those in need. It can be anything you want. Ask the Lord for His idea and then do it. Need inspiration? Visit [www.servolution.org](http://www.servolution.org)

### *Required Reading*

- [Disciplines Handbook - Calhoun](#)
- [Boundless: What Global Expressions of Faith Teach Us about Following Jesus – Bryan Bishop](#)
- [A Long Obedience in the Same Direction: Discipleship in an Instant Society - Eugene Peterson](#)
- [Holy Yoga by Brooke Boon](#)

### **Required Recording Viewing and Homework**

- Advanced Assists – 1 hour
- How to Use Props – 1 hour
- Yoga Tricks – 1 hour
- Advanced Postures – 1 hour

### **Prerequisites**

This program is open to any 200-hour certified teachers. You do not have to be certified by Holy Yoga, but you must have completed a 200-hour yoga teacher training program to register for HYM ([learn about our 225-hr instructor training, https://holyyoga.net/training/225-hours/](https://holyyoga.net/training/225-hours/)).

### **Designation**

Upon completion of the 300-hour Masters program you will be a certified Master Holy Yoga Instructor at the 500-hour level (initial 200- or 225-hour instructor training + 300-hour HYM = 500 hours).

### **Webinars**

#### **When**

Webinars will be held via Zoom on Mondays, 6:30-8:30 p.m. CST.

#### **International Students**

We welcome international students and the Holy Yoga family includes instructors from around the world. All of our trainings are available internationally via online webinars, and international students can also use the Zoom mobile app (<https://zoom.us/download>).

### **Fee Overview**

#### **Holy Yoga Masters Training Fee - \$1995**

##### **Fee Includes:**

- Holy Yoga Masters twelve-month online live webinar sessions
  - Holy Yoga Masters Training Materials
    - Comprehensive training manual
    - Online Instructor Training materials
- \*\*Online training resources will be available for download 60 days after the last webinar.\*\*

#### **Basic licensing fee - \$47.97**

If you choose to register as a Master Holy Yoga Instructor (M-HYI), you will need to pay a \$47.97 fee. This fee is required annually to maintain your Holy Yoga certification (M-HYI) and use the trademarked

name of Holy Yoga.

**Fee includes:**

- Holy Yoga Master Instructor Certificate
- The branded and trademarked Holy Yoga name and logo
- The Holy Yoga class waiver form
- Holy Yoga 101 Workshop Outline

*If you are already a Holy Yoga Master Instructor and wish to audit the program, you may do so for \$250.*

**Payment Options**

Holy Yoga Global extends financial aid to all applicants in the form of interest free payment installments. **A 10% Early Bird discount is offered until 30 days before the training starts.**

When you register online, you can choose the payment option that works best for you:

- One payment of **\$1995.00** (Early Bird, **\$1795.50**)
- Two equal monthly installments of **\$997.50** (Early Bird, **\$897.75**)
- Four equal monthly installments of **\$498.75** (Early Bird, **\$448.88**)
- Six equal monthly installments of **\$332.50** (Early Bird, **\$299.25**)

→ All payments must be made using a debit or credit card. No checks or cash will be accepted.

→ All payment options are interest free and made on 30 day installments beginning 30 days from the date of your initial payment

**Refund Policy**

<b>Time Frame</b>	<b>Tuition Fees</b>
<b>Within 48 hours of purchase</b>	<b>Full Refund</b>
<b>Within 1 week after first class is scheduled</b>	<b>50% Refund</b>
<b>Beyond 1 week after first class is scheduled</b>	<b>No Refund available</b>

**Credit Policy**

If you are unable to continue in this training, after the refund time frame has closed, for any reason, a prorated credit is available to you, expiring 1 year from issuance, to be used on **ANY** Holy Yoga Global Training or Event. Contact [financial@holyyoga.net](mailto:financial@holyyoga.net) with any concerns or questions.

**To Apply**

1. Thoroughly read the [Frequently Asked Questions](#).
2. Register online here: <https://holyyoga.net/masters-purchase/> submit non-refundable payment, and sign the Holy Yoga Terms & Conditions.

For more information email [masters@holyyoga.net](mailto:masters@holyyoga.net)



## Frequently Asked Questions

### **What is the difference between the Holy Yoga Masters (HYM), Holy Yoga Therapy (HYT) and Trauma-Sensitive Holy Yoga (TSHY) trainings?**

HYM is a 300-hour advanced training dedicated to studying the ancient philosophical, traditional and theological practices of yoga while offering a Christ-centered perspective on the tenets of classical yoga.

HYT is a 300-hour training dedicated to exploring the healing modalities of yoga through the lens of physical function and disease.

TSHY is a 60-hour training dedicated to exploring the healing properties of yoga to help understand and treat the effects of trauma on the mind, body and soul.

You can find a list of the other mostly commonly asked questions and their answers on our website [HERE](#).

# Sample Training Schedule of Topics

GOD THE HOLY SPIRIT BIBLE STUDY  
WORLDVIEW & MISSION THEOLOGY  
PHYSIOLOGY OF BREATH  
PHYSIOLOGY OF MEDITATION  
PHYSIOLOGY OF MOVEMENT  
SPIRITUALITY OF IDOLATRY AND ADDICTION (1)  
SPIRITUALITY OF IDOLATRY AND ADDICTION (2)  
HOW TO INTRODUCE THE GOSPEL (1)  
HOW TO INTRODUCE THE GOSPEL (2)  
CHAKRAS (1)  
CHAKRAS (2)  
CONTEMPLATIVE DISCIPLINES  
HY AND MENTAL ILLNESS, HEART DISEASE  
WOMEN'S ISSUES  
AYURVEDA  
HY FOR TRAUMA SENSITIVITY (1)  
HY FOR TRAUMA SENSITIVITY (2)  
CUEING  
GOD THE FATHER BIBLE STUDY (1)  
GOD THE FATHER BIBLE STUDY (2)  
HISTORY AND STYLES OF YOGA  
HEALTHY BACKS AND WEIGHT LOSS  
HY & GRIEF  
MANTRAS  
BIBLICAL APPLICATIONS OF YAMAS & NIYAMAS (1)  
BIBLICAL APPLICATIONS OF YAMAS & NIYAMAS (2)  
SEQUENCING FOR ADVANCED PRACTITIONERS  
LIMBS  
SUTRAS (1)  
SUTRAS (2)  
GOD THE SON BIBLE STUDY (1)  
GOD THE SON BIBLE STUDY (2)  
CHRISTIAN MYSTICS (1)  
CHRISTIAN MYSTICS (2)  
PRANAYAMA  
THE SPIRITUAL DISCIPLINE OF REST  
DESIGNING AN ANATOMICALLY FOCUSED FLOW  
CASTING FORTH AND SENDING OFF