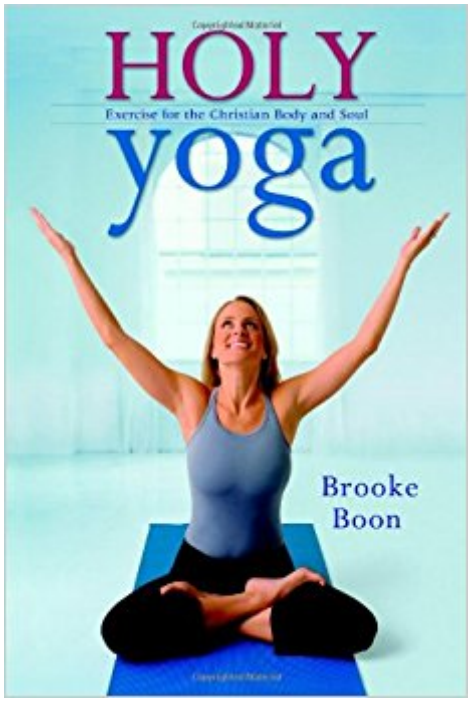
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Holy Yoga: Exercise. For The Christian Body And Soul



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Synopsis

People often equate yoga withEastern religion, but Brooke Boonsees it as an exercise style thatChristians can use to generate patience,strength, and deeper worship.Author and yoga instructorBrooke Boon combines her passionfor Christianity with her commitmentto health to introduce yoga asa physical and spiritual disciplinethat strengthens the body and thesoul. Clear explanations and photographsmake yoga accessible forany reader, and Brooke offers customizedroutines for readers strugglingwith specific issues, such asweight loss and anxiety. Through it all Brooke uses scripturalreferences to help reinforce the idea that by takingcare of our bodies we can also take care of our faith.

Book Information

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Customer Reviews

Evangelical Christians are not often very enthusiastic about yoga, dismissing it as irrelevant at best and Satanic at worst. But for Boon, an Arizona yoga teacher who is the founder of the Holy Yoga ministry, yoga is a worship tool to enhance her relationship with Christ. Although Boon’s writing is primitive and breathless, with excessive use of italics and exclamation points, she offers some decent ideas and memorable spiritual quotes from the likes of Eugene Peterson, Lauren Winner and Richard Foster. Boon first outlines the theological reasons for yoga practice, likening it to ancient Christian disciplines like fasting. This section can seem defensive and apologetic at times, as Boon expends energy answering her evangelical critics. Part two briefly highlights yoga as a healthy lifestyle (e.g., it can improve circulation, relieve stress and maintain a healthy weight) and offers tips

on incorporating yoga into a neophyte’s regular routine. The final, longest section presents various postures, with black-and-white illustrations. However, the instructions are brief and vague enough that Christians who are new to yoga will definitely want to supplement their fledgling practice with more detailed, step-by-step information, such as that contained in traditional yoga books or Susan Bordenkicher’s more thorough Yoga for Christians. Note: DVD and photo insert not seen by PW. (Aug. 23) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Brooke Boon lives inPhoenix, Arizona.

i practice yoga at a studio that is not very "religion" based - there are some meditation classes and some of the older yogis do sanskrit music and readings - but most are Ashaya yoga and more interested in health and proper alignment in poses. Yoga is really helping my flexibility and general health. however, i do want to use the time to meditate on Christian scripture and was interested in Brooke’s approach. i became increasingly interested when i saw so many come out against her, which i admit piqued my interest. :) Lutheran scoundrel that i am, i ordered the book and am enjoying Brooke’s approach. I’d like to take a class from her in person. it’s encouraging me to memorize scripture again so i can meditate during class.

Loved it! Will be reading again and again! And I will continue to use this book for future reference!I love how Brooke was able to really capture her personal experience between her physical yoga practice and her authentic living relationship with our Lord! Her love for the Lord and her relatability made this book an enlightening page Turner!!I am so very thankful and blessed to have stumbled upon Brooke Boon & Holy Yoga!! I am so thrilled to say I am currently enrolled in Holy Yoga’s teacher training program!! It’s been a little over a month since I started and I have truly enjoyed every moment!! I’m learning more and more about God, my faith, and myself.. physically, mentally and spiritually! Holy yoga has shown me a group of incredible people who genuinely love God and love and encourage other believers and non believers alike!! Thank God!!So thankful for such an amazing community to look up to and learn from!! Thank you Brooke Boon & Holy Yoga team for all that you do!! You have all already touched my life in ways I can’t begin to describe!!So back to the book review.. if you’re new to yoga or experienced..this book is easy to understand and you’ll learn something new. I know I learned a bunch of new things and I’ve been practicing for 4 years now!!As for the Christian perspective.. I am new, brand new, to my walk with the Lord and this book felt like

the most authentic, honest, pure expression of one woman's love for God and how she brought her personal relationship with the Lord into her physical yoga practice!!Truly inspiring!! And I loved all of the scripture sprinkled throughout the book! With Holy Yoga I can feel Christ at the center of it and the main focus.I look forward to learning more and following Christ with this like spirited tribe!!

Very well written. Very informative and spoken from the heart. Brings you deep with in to unite with your Holy Spirit..Great Bible scripture quotes for content being told. Brings you closer to the Lord and wanting to read more. Excellent Yoga guide to Christian Yoga. I couldn't put it down. a beautiful way to bring God into your life on a daily basis by doing Yoga. I am really looking forward to my training to become a Holy Yoga Instructor.

This great books reaches into the core of what Yoga really is. It recognizes that there is a spiritual side to Yoga and that you as the exerciser can establish what that spirituality is centered around. I also really enjoy the different pose series, and how there is one for beginners and others for different times of the day.

wonderful yoga practice and praise time

Love the book the dvd & the exercises. It is very inspiring and helpful. I have purchased several copies to share with friends. Thank you Brooke

It is so wonderful to praise the Lord as you are stretching your body. This book comes with a 50-minute DVD with 5 or so devotions and a Level 1 class led by Brooke.

Loved this DVD, it's easy to do and she offers alternatives for those who can't do it all and there are people on here that inspire you to do a little more every time by their abilities. Very peaceful full workout!

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