

LIES IN DISGUISE



Take no part in
the unfruitful
works of darkness,
but instead
expose them

Ephesians 5:11

UNMASKING NEW AGE DECEPTION

Yoga:

”to yoke” or
“to unite”



Yoga:

Shiva Temple,
Bangalore, India



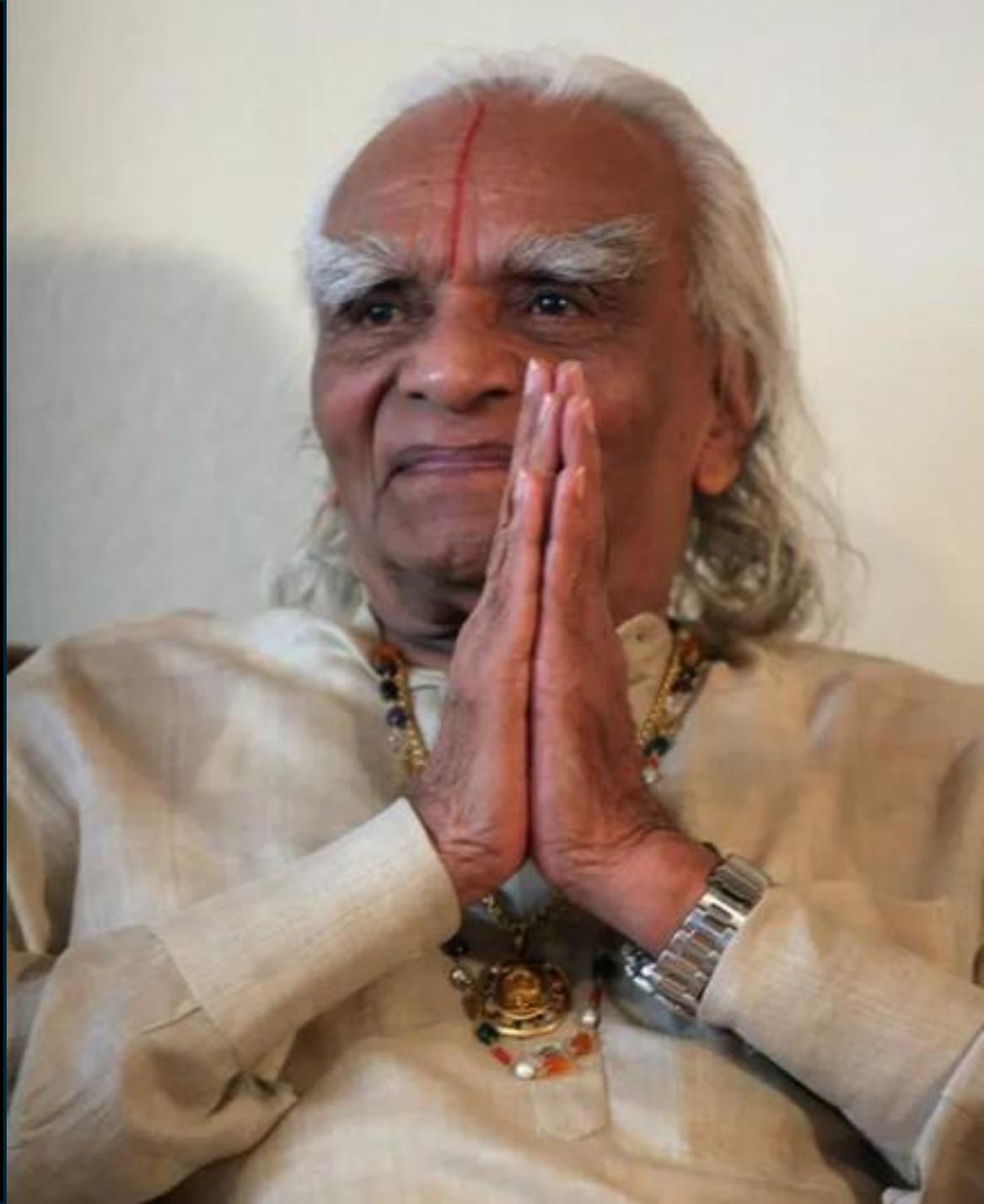
Yoga as a Health & Fitness Activity :

“But It’s just
stretching!”



B.K.S. Iyengar

“Asanas are
prayers”



Mindfulness Meditation

Empty the mind,
suspend moral
judgement



Kundalini Awakening

The Coiled One



Yoga & Meditation in Schools

“Wheels of energy in your body”



Yoga & Meditation in Schools

“Chakras help you feel safe and strong!”



I KNOW
I AM DIVINELY CONNECTED AND AWARE



I SEE
I AM TRUSTING MY INTUITION UNCONDITIONALLY



I SPEAK
I AM SPEAKING MY TRUTH CONFIDENTLY



I LOVE
I AM DESERVING OF BOUNDLESS LOVE



I DO
I AM EMPOWERED, STRONG, AND CONFIDENT



I FEEL
I AM INTIMATELY CONNECTED TO MY EMOTIONS



I AM
I AM SECURE, CENTERED, AND GROUNDED

Christian Yoga

Mingling Pagan
and Christian
Traditions





YOU ARE HERE

Ephesians 5:11

Have nothing to do with the fruitless deeds of darkness, but rather expose them.