

Dear Administrator,

I am extremely concerned and opposed to yoga and/or “mindfulness” practices being taught in our school district for multiple reasons.

1. **Overwhelming evidence proves that Yoga and Mindfulness practices are spiritual, religious practices.**¹ Experts state that there is no way for the spiritual elements to be separated from practicing even the poses of yoga alone, as the practice of mindfulness meditation and the movements of yoga are both spiritual practices that set the spiritual effects into motion regardless of the participant’s understanding or intent.²
2. **Academic research shows that specific organizations and individuals have purposefully renamed and remarketed yoga and mindfulness as non-religious and “scientific” when trying to attain placement in public schools. However, in front of other audiences these same proponents admit yoga and mindfulness are religious and spiritual, even requesting government tax exemptions due to yoga being inherently religious.**³
3. **The “science” of the benefits is often exaggerated, with poor quality studies and conflicting special interests of researchers.**⁴
4. **Evidence actually shows that yoga and mindfulness practices can be very dangerous physically and psychologically. This is especially concerning with regards to developing children.**⁵
5. **There are many legal concerns with yoga and mindfulness being taught in public schools.** The EEOC (the federal agency responsible for ensuring non-discrimination in the workplace) even singled out yoga and mindfulness as practices in which workplaces may not legally require employee participation.⁶ Our children deserve the same legal protection.

Further, United States courts have made determinations that *teaching about religion* is permissible in public schools, but *encouraging the performance of religious practices* is not.⁷ With increasing and overwhelming evidence that yoga and mindfulness are religious practices, regardless of their secular renaming of terminology,⁸ major religious and legal issues are posed if these practices are taught in classes in public schools.

These are just some of the reasons I have chosen that my child will not partake in any yoga or mindfulness programs. I also ask that you please remove all yoga and mindfulness meditation programs and practices from our district.

If you have any questions, I highly encourage you to look further into these matters.

You may find a plethora of research supporting each of my claims regarding this matter. Many are published in an extremely well-researched secular and academic work called *Debating Yoga and Mindfulness in Public Schools*, authored by Harvard trained Indiana University professor, Candy

Gunther Brown. Released in spring of 2020, Brown's hundreds of pages of academic research unveil the calculated plan of specific individuals and organizations to purposefully frame the religious and spiritual practices of yoga and mindfulness as secular in an effort to attain public approval and placement.

When Buddhist proponents discuss mindfulness programs, they are on record calling it "Stealth Buddhism."⁹ When Hindu proponents discuss the placement of yoga in public schools, they even call it a "Vedic Victory" (a win for the advancement of Hinduism).¹⁰

There is much evidence that even those who participate in mindfulness and/or yoga practices with absolutely no religious intent or desire still experience unintended spiritual and psychological effects. Studies show these contraindications can be both troubling and harmful to the participant. These results range from short-term to lasting the remainder of one's life.¹¹

Just because terminology has been renamed or a religious practice has been purposefully framed to look fun and relaxing or silly and cute does not negate the inextricable religious nature.¹² Yoga and mindfulness programs should not be taught in our classes.

I appreciate your careful consideration of these facts, and ask that you please remove all yoga and mindfulness meditation practices from our school district.

Thank you for your dedication to the safety and legal education of our children.

Sincerely,

Endnotes

1. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. See chapters 3, 4, 8, 9, & 13.
2. Smith, J. (2015). *The Shattering, an Encounter with Truth*. Deeper Revelation Books. pp. 129-132.

Truth Behind Yoga. Retrieved May 5, 2021 from www.truthbehindyoga.com.

3. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. pp. 66-67, 161, 167, 171-179.
4. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. pp. 257-269.

5. Broad, W. (2012, January 5). How Yoga Can Wreck Your Body. *The New York Times Magazine*.

University of Sydney. (2017, June 27). Yoga more risky for causing musculoskeletal pain than you might think: Injury rate up to 10 times higher than previously reported. *ScienceDaily*. Retrieved May 5, 2021 from www.sciencedaily.com/releases/2017/06/170627105433.htm.

Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. pp. 259, 260-261, 264-269.

Sedlock, J. (2019). *The Yoga Crisis in America: A Wake-Up Call to Save the Children*. Xulon Press *Elite*. pp. 239-256.

6. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. p. 36.

7. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. p. 37.

8. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. See chapters 3, 4, 8, 9, & 13.

9. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. pp. 176-177.

10. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. p. 63.

11. Smith, J. (2015). *The Shattering, an Encounter with Truth*. Deeper Revelation Books. pp. 130-132.

Yoga Dangers. Retrieved May 5, 2021 from www.dangersofyoga.blogspot.com/2010/02/yoga-contraindications-of-yoga.html.

Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. pp. 265-269.

12. Brown, C. (2019). *Debating Yoga and Mindfulness in Public Schools, Reforming Secular Education or Reestablishing Religion?* The University of North Carolina Press. Chapters 3, 8, pp, 56, 63, 152, 137-138.

Smith, J. (2015). *The Shattering, an Encounter with Truth*. Deeper Revelation Books. pp. 130-132.