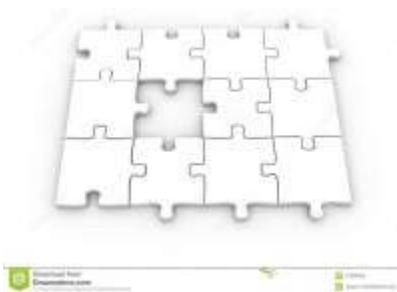


TRUTH ABOUT YOGA –

Protecting Our Kids With The Truth.

We believe that yoga should not be mandatory weekly for the first 7 years of a child's public school life in the United States.



Welcome. You are reading this website, so maybe you wonder why a group of parents in the Encinitas school district are concerned about yoga replacing P.E. and why we are educating others to discover the true facts about yoga in our district and beyond. On the surface it may seem like a helpful way to stretch, breathe, and calm a busy mind; but is it just that? There are many pieces to investigate in this vast puzzle and here is where we started: For the first time in our nation, yoga entered all of the elementary schools (K-6) on a mandatory basis for the entire school district in 2012 (5- 12 year olds), and *we parents had a few questions*. Maybe you have some of the same questions. Maybe there is more to it than you ever dreamed. We were shocked by the answers we found and this website is our attempt to answer most any question you might ask if we were sitting together having coffee together right now. If you need more information after you read this, email us with questions.

“Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children’s children what it was once like in the United States where men were free.” Ronald Reagan

Some of the questions we began to ask:

Q – Should yoga replace the traditional variety of P.E. for 60 of the 100 minutes required weekly?

Q – Should a third party be able to buy their way into the school system? What precedent does this set?

Q – Why isn't yoga an optional P.E. or an after school program like all the other types of “extracurricular” activities?

Q – Why weren't parents asked for consent before the kids were “tested” with physical measures by a third party?

Q – Is stretching and breathing really what kids need after 6 hours of class time sitting? What happened to cardiovascular running around and learning different sports, getting fresh air and sunshine?

Q – What if it were volleyball, would anyone have a problem with that replacing 60 minutes per week for 7 years? We'd be a volleyball nation in one decade! And there certainly isn't any holy Volleyball, so that would be okay right? No. “Volleyball isn't for everyone either,” just like yoga isn't for everyone. So why pick *ANY* one form of PE for so much time?

Q – Is yoga really in the best interest of the kids? Is it the money the district received?

Q – California law states un-credentialed adults (such as parents) should not be alone in a room with children at school. Why then, aren't there credentialed teachers in the classrooms with these non-credentialed yoga teachers in most of the EUSD yoga classes?

Q – What about the warnings of physical injuries by doctors for youth doing yoga? <https://truthaboutyoga.com/concerns-about-yoga/>

Q – What “norm” are we conditioning in our children when they leave elementary school by setting up more hours in their youth practicing yoga than we do most other activities such as piano, art, sports, etc.? Doesn't this “normalize” yoga for kids?

Q – How many families actually had their children in yoga classes outside of school, prior to this entering the schools in 2011/2012?

The answers we found to these and many more questions were beyond disturbing.

People from all walks and beliefs are linked here on this website to help you find out why so many people are concerned about yoga in any schools as a mandatory program for our children who have no choice, no voice. This website was created for parents who simply haven't had the time to look into what is happening below the surface in their own children's schools.

Encinitas Union School District (EUSD) in Southern California is made up of nine elementary schools. This is where over 250 concerned parents grouped together in alarm about the Ashtanga Yoga program which replaced two-thirds of all K-6 P.E. minutes in 2012. EUSD has approximately 6,000 students. The KP Jois Foundation, with full cooperation of the EUSD Superintendent and School Board, began conducting a 3-year "study" with the children to find the effects of yoga on children, in order to roll it across the nation to elementary schools in the United States. On other pages you can find the contracts and websites to support this. In addition, Jois Foundation began spreading it to other districts before their 3 year "study" had results. The Jois Foundation infomercials (which include both the EUSD superintendent, Timothy Baird and then EUSD president of the board, Emily Andrade) were made within the first school-year of the program being implemented. At trial, in May and June of 2013, The district claimed they weren't "working with" Jois when in reality, for starters, their lead teacher (Jen Brown) was writing the curriculum AND was both on the payroll for Jois and for the district. Since they (EUSD) were in this JOIS video, giving full proof, the judge conceded this was "concerning". KP Jois Foundation renamed itself Sonima Foundation after trial in 2013, by Ashtanga devotees and Jois Yoga Co-Founders Sonia Tudor Jones and Salima Ruffin.

Ashtanga yoga (which is all Jois/Sonima promotes) has as its directly stated purpose: to "become one with God." Two billionaires (Paul and Sonia Tudor Jones) are funding the District and the Universities doing the study. Now multiple millionaires such as, Deepak Chopra and Stedman Graham (Oprah), are backing them according to their website, and the program is being implemented in various states. The contracts with the district caused concern for many reasons, such as, EUSD was given \$2.5 million to allow Jois/Sonima to study our children *without* parental permission (No parents signed consent for this study in fall of 2012). For more on this see the [Encinitas page](#).

The many documents and articles in this website will show you the research a large group of us have uncovered. This website is our gift to you in pulling many resources together for your ease of research. Enjoy. We welcome you here to dig and discover. It may be among some of the most important research you do in your lifetime, especially if you have children, yet even if you do not. This is about more than yoga... which you will discover if you look. Seek the truth.

Two Parent Testimonials *and* link to more:

“The day I woke up to the realities of yoga”

A family in Encinitas – Our children were in yoga and in a study I knew nothing about until parents started sharing their concerns. I was shocked to find out the truth of the decisions the Encinitas District made without our consent and that the yoga replaced most of P.E. We pulled our children once we saw what the program really was and have become even more concerned with the decisions being made for our children. Please research more for your child’s sake.

A mom at La Costa Heights – I thought yoga was just fine and just exercise. Until the day I woke up and started asking questions and looking into this program. My 3 children are now pulled from yoga but we don’t get the P.E. that the state requires. Our kids get extra time alone on I-pads and put in a room by themselves or worse, sometimes in the back of the yoga room!

[Click here for more parent testimonials](#)