****

**FOR IMMEDIATE RELEASE**

**Contact:** Jennifer Sedlock

**Email:**  [jennifer@jenniferspeaks.com](https://authorfiles.xulonauthors.com/servicecentral/uploads/jennifer@jenniferspeaks.com)

www.truthaboutyoga.com; www.jenniferspeaks.com

**Speaker and Advocate Contends that Yoga and its Religion Have No Place in Public Schools**

Xulon Press offers insight into the exercise craze sweeping the nation.

MAITLAND, FL—Author, professional speaker and track coach Jennifer Sedlock seeks to inform families of the growth of yoga in public schools in ***The Yoga Crisis in America: A Wake-Up Call to Protect the Children*** ($27.99, paperback, 9781545623336; $9.99, e-book, 9781545681862). Yoga receives a lot of attention as exercise, but is that all yoga is?

Sedlock became concerned about the use of yoga in schools when Ashtanga yoga replaced 2/3 of Physical Education at her children’s public school. She joined with other parents to protest the change and the opposition eventually turned into a lawsuit. She continues to advocate for children across the country whose PE is being replaced by yoga.

“We hope to expose the fact that yoga is not as innocent as it seems to Americans - that the poses are not only rooted in spiritual gestures; but that it is a religion within itself, created for a non-physical purpose,” said Sedlock.

Jennifer Sedlock is a management and training professional with a Bachelor’s degree in Business from UC-Berkeley and a Masters in Organizational Development from USF. She was a high school track athlete and taught aerobics prior to becoming a professional speaker and author.

###

Xulon Press, a division of Salem Media Group, is the world’s largest Christian self-publisher, with more than 15,000 titles published to date. ***The Yoga Crisis in America*** is available online through xulonpress.com/bookstore, amazon.com, and barnesandnoble.com.