

1 HB235  
2 199134-1  
3 By Representatives Gray, Dismukes, Lawrence, Blackshear,  
4 Lovvorn, Morris, Daniels, Hall, Kitchens, Sullivan, Simpson,  
5 Drummond, Clarke, Rafferty, Chestnut and Hollis  
6 RFD: Education Policy  
7 First Read: 13-FEB-20

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8 SYNOPSIS: Under existing law, instruction in yoga is  
9 specifically prohibited in Alabama public schools.

10 This bill would authorize local boards of  
11 education to offer yoga to students in grades K to  
12 12.

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14 A BILL  
15 TO BE ENTITLED  
16 AN ACT

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18 Relating to public education; to authorize local  
19 boards of education to offer yoga to students in grades K to  
20 12.

21 BE IT ENACTED BY THE LEGISLATURE OF ALABAMA:

22 Section 1. Each local board of education may offer  
23 instruction in yoga to students in grades K to 12, subject to  
24 the following:

25 (1) Instruction in yoga shall be an elective  
26 activity. Students shall have the option to opt out in favor  
27 of alternative activities, which shall be made available.

1                   (2) Each local board of education shall have  
2 exclusive discretion to determine the duration and frequency  
3 of periods of instruction in yoga.

4                   (3) All instruction in yoga shall be limited  
5 exclusively to poses, exercises, and stretching techniques.

6                   (4) All poses shall be limited exclusively to  
7 sitting, standing, reclining, twisting, and balancing.

8                   (5) All poses, exercises, and stretching techniques  
9 shall have exclusively English descriptive names.

10                  (6) Chanting, mantras, mudras, use of mandalas, and  
11 namaste greetings shall be expressly prohibited.

12                  Section 2. This act shall become effective on the  
13 first day of the third month following its passage and  
14 approval by the Governor, or its otherwise becoming law.