

1 HB246
2 209138-4
3 By Representative Gray
4 RFD: Education Policy
5 First Read: 02-FEB-21

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ENROLLED, An Act,

Relating to public education; to authorize local boards of education to offer yoga to students in grades K-12.
BE IT ENACTED BY THE LEGISLATURE OF ALABAMA:

Section 1. (a) Each local board of education may offer instruction in yoga to students in grades K-12, subject to the following:

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

(2) Each local board of education may allow or disallow instruction in yoga and shall have ~~exclusive discretion to determine the duration and frequency of periods of instruction in yoga.~~ the authority to allow or disallow instruction in yoga.

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

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

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

(6) Chanting, mantras, mudras, use of mandalas, induction of hypnotic states, guided imagery, and namaste greetings shall be expressly prohibited.

1 (b) The parent or legal guardian of a student who
2 elects to participate in yoga instruction as provided in this
3 section shall be provided with a written statement on school
4 letterhead, to be signed and dated by the parent or legal
5 guardian and returned to the school to be retained in the
6 school file of the student. The statement shall read as
7 follows:

8 "I am informed that my child (name of child) will
9 participate in yoga instruction at the school named above. I
10 understand that yoga is part of the Hinduism religion. I give
11 my child permission to participate in yoga instruction in
12 school.

13 Signed: _____

14 Dated: _____"

15 (7) School personnel may not use any techniques that
16 involve hypnosis, the induction of a dissociative mental
17 state, guided imagery, meditation, or any aspect of Eastern
18 philosophy and religious training in which meditation and
19 contemplation are joined with physical exercises to facilitate
20 the development of body-mind-spirit. For purposes of this
21 subdivision, the following terms have the following meanings:

22 a. DISSOCIATIVE MENTAL STATE. A separation or
23 isolation of mental processes in such a way that they become
24 split off from the main personality or lose their normal

1 thought-effect relationship whereby the boundary between the
2 real and fantasy or illusion becomes blurred.

3 b. GUIDED IMAGERY. Visualization, visual imagery,
4 guided imagery, or guided fantasy used as an induction or
5 deepening technique of hypnosis or meditation involving
6 communication or suggestion, describing a scene in which the
7 subject is encouraged to experientially participate, normally
8 following a progressive relaxation technique.

9 c. HYPNOSIS. A dissociative or altered state of
10 consciousness, usually artificially induced, characterized by
11 a heightened responsiveness to suggestions and commands,
12 suspension of disbelief with lowering of critical judgment,
13 and the potential of alteration of perceptions.

14 d. MEDITATION. An altered or dissociative state of
15 consciousness, often synonymous with hypnosis, associated with
16 or derived from mystical traditions of the East, sometimes
17 referred to as transcendental meditation, normally induced by
18 progressive relaxation, focusing on deep breaths and a mantra
19 of a repeated word or phrase. Meditation does not refer to
20 secular meditation which involves alert, reflective, and
21 cognitive contemplation.

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

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Speaker of the House of Representatives

President and Presiding Officer of the Senate

House of Representatives

I hereby certify that the within Act originated in
and was passed by the House 11-MAR-21.

Jeff Woodard
Clerk

Senate	<hr/> 06-MAY-21 <hr/>	Amended and Passed
House	<hr/> 17-MAY-21 <hr/>	Concurred in Senate Amendment