



RESOURCE
GUIDE

KemetiC Yoga

Start Here



Introduction to Kemetic Yoga

Resource Guide

Evaluate Your Sources

The approach of Kemetic Yoga and philosophy is marked by its African perspective. There is a lot of "information" that has been written for centuries, but is based on a European/Western mindset. We have enough evidence to consider many conclusions that were drawn as misrepresentations of evidence. When reading blogs and internet entries, keep an eye out for:

1. Language: Be careful with sources that use Greek names (e.g., Isis) as opposed to Kemetic names (e.g., Ast/Aset) for deities, places, and concepts without acknowledging the valid Kemetic terms.
 2. Evidence: Seek out sources that provide evidence through primary sources (e.g., temple texts, papyrus scrolls). Be careful with sources that make statements of certainty without evidence. This is a red flag!
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Websites

[History of Kemetic Yoga – Yisir Ra Hotep's Blog](#)

[Shrine of Ma'at](#)

[Kemetic Yoga: Resurrection of an African Legacy By Yasir Ra Hotep](#)



Books

[Opening to Spirit : Contacting the Healing Power of the Chakras and Honouring African Spirituality by Caroline Shola Arewa](#)

[Stolen Legacy by George G.M. James](#)
