

Should A Christian Practice Yoga?

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I want to pass along a link for your consideration. It is an article written by Albert Mohler considering whether or not a Christian should practice Yoga.

In the minds of many health conscious Christians, Yoga is just one form of exercise they add to their weekly routine for good posture and strength. Yet, most are apparently ignorant of the fact that Yoga is religious in nature. So, should a Christian practice Yoga? My answer is no.

(Be sure to leave your thoughts in the form of a comment!)

Here is a quote from the article:

When Christians practice yoga, they must either deny the reality of what yoga represents or fail to see the contradictions between their Christian commitments and their embrace of yoga. The contradictions are not few, nor are they peripheral. The bare fact is that yoga is a spiritual discipline by which the adherent is trained to use the body as a vehicle for achieving consciousness of the divine. Christians are called to look to Christ for all that we need and to obey Christ through obeying his Word. We are not called to escape the consciousness of this world by achieving an elevated state of consciousness, but to follow Christ in the way of faithfulness.

You can read the rest of the article here:

<http://www.albertmohler.com/2010/09/20/the-subtle-body-should-christians-practice-yoga/>