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Subject: Yoga, Tai Chi, etc.

Posted by [Gary](#) on Wed, 25 Mar 2015 09:24:54 GMT

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It appears that yoga, tai chi, and other hindu practices are being widely accepted by many Christians as a harmless form of exercise.

Many are claiming yoga can bring healing to ones body.

Quote: Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical exercise across the Western world. Yoga in Indian traditions, however, is more than physical exercise, it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology and metaphysics, and is closely related to Hindu Samkhya philosophy.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies[18][19] have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patient's psychological healing process.

Is yoga some harmless exercise?

Quote:As a school of philosophy, Yoga is a way of life, and incorporates its own epistemology, metaphysics, ethical practices, systematic exercises and self-development techniques for body, mind and spirit.

Yoga in any form is an open door to the demonic realm!

Its amazing as the end of time moves swiftly upon us that we would see whole groups of Christians being seduced into other religious practices.

Gary