



ARTICLES

by Diane W. Hawkins, M.A.

The Danger of Christian Yoga

“There in beautiful color was an attractive woman seated in the lotus position teaching yoga. I watched in horror and amazement as she praised the health benefits of the breathing techniques and other exercises of this Eastern religious practice. What her viewers did not know is that yoga is designed for one purpose only—to open up the mind and body to the false gods of the East. . . . I assume many of the viewers were deceived into believing this was just another harmless exercise show. But those of us born and raised in nations dominated by the powers of darkness know that hundreds of Eastern religions are marketing themselves in the United States and Canada under innocuous—even scientific-sounding—brand names.”

K.P. Yohannan, *Revolution in World Missions: One Man’s Journey to Change a Generation*, (Carrollton, TX: Gospel for Asia Books, 2004), p. 137.

This man is from India.