

WHAT IS YOGA?

Yoga is an ancient practice that originated in India more than 5,000 years ago and is based on a combination of physical postures, breathing techniques, and meditation. Although yoga has become popular today as a form of exercise for physical and mental well-being, its roots and goals are deeply spiritual, focusing on achieving “enlightenment” or a connection with the “higher self” and the universe. In essence, it relates to beliefs that God and the universe are one (pantheism) or that everything that exists forms a single reality (monism).

TYPES OF YOGA AND THEIR SPIRITUAL IMPLICATIONS

Hatha Yoga: Focused on postures and breathing for meditation. It is not “neutral,” but rather a spiritual preparation in Hinduism.

Raja Yoga: Based on deep meditation and mind control to reach the “inner divinity.”

Bhakti Yoga: Devotion to Hindu deities, promoting a spirituality foreign to Christianity.

Inana Yoga: Seeks “wisdom” to overcome the illusion of the world, denying Christian Revelation.

Karma Yoga: Proposes “purifying the soul” through actions, without the need for God’s grace.

Kundalini Yoga: Based on awakening a supposed “energy” hidden in the body, which can expose the practitioner to dangerous spiritual influences, as Catholic exorcists warn.

Healthy alternatives compatible with faith

Physical exercise with no foreign spiritual content:
gymnastics, Pilates, stretching, etc.

Christian prayer and meditation:
Adoration of the Blessed Sacrament, prayerful silence, lectio divina, praying the Rosary, etc.
“Lifting up one’s heart to God” (Catechism of the Catholic Church, 2559)

Natural relaxation:
Walking, contact with nature, simple muscle relaxation techniques.

“I AM THE WAY AND THE TRUTH
AND THE LIFE. NO ONE COMES TO
THE FATHER EXCEPT THROUGH ME.”
(JOH 14,6)



IS YOGA JUST EXERCISE?

Discovering why it is incompatible
with the Catholic faith

WHY IS YOGA INCOMPATIBLE WITH CHRISTIANITY?

1. A spiritual philosophy foreign to Christ

Yoga teaches that human beings must attain “enlightenment” on their own, denying that salvation comes only from God. This contradicts the teachings of Christ:

“I AM THE WAY AND THE TRUTH AND THE LIFE. NO ONE COMES TO THE FATHER EXCEPT THROUGH ME.”
(JOH 14,6)

2. Spiritual risks and openness to dangerous influences

Many forms of yoga include mantras, visualizations, and the awakening of spiritual energies that do not come from God. The Church warns against esoteric practices, as they can expose one to demonic influences. (Deuteronomy 18:10-12; CCC, 2116)

3. Meditation and union with the divine outside of Christianity

Yoga does not teach Christian meditation, but rather a “emptying” that seeks to unite with the absolute or universal energy. Its name comes from the Sanskrit yuj, “to unite” or “to bind,” referring to the fusion of the self with the divine according to the Hindu worldview. This contradicts Christian prayer, which is a personal encounter with God:

“BUT WHEN YOU PRAY, GO TO YOUR INNER ROOM, CLOSE THE DOOR, AND PRAY TO YOUR FATHER IN SECRET.”
(MT 6,6)

“Christian meditation is a search for the beloved God.”
(CCC, 2709)

4. Postures and breathing are not neutral

Even when practicing only the physical postures (asanas), these have an implicit Hindu spiritual purpose. Many evoke deities or religious symbols (Shiva, Krishna, Ganesha, the lotus, the cobra, the tree, etc.) and were designed to prepare the body and mind for meditation and union with the divine according to Hinduism. Therefore, the practice is neither neutral nor harmless to the Christian faith.

WHAT DOES THE CHURCH SAY?

- ▶ The document “Jesus Christ, Bearer of Living Water” (2003) includes yoga among New Age practices and warns that they can cause confusion in the faith, promoting a syncretic spirituality that dilutes the truth of the Gospel (Sections 2.1, 2.3). The Church emphasizes that salvation is not the result of human effort or meditation techniques, but of God's grace, received solely through Christ (Section 3.3).
- ▶ The [Directory on Popular Piety and the Liturgy](#) (2002) warns in n. 90 that certain forms of meditation, inspired by Eastern religions, can generate ambiguity in the faith and lead away from authentic Christian prayer.
- ▶ The [Letter on Certain Aspects of Christian Meditation](#) (1989) emphasizes that Christian prayer is a personal encounter with God and warns that methods taken from other traditions may be incompatible with the faith if they are not rooted in the Revelation of Christ.

CONCLUSION

WE CANNOT MIX CHRISTIAN FAITH WITH YOGA.

Yoga is not just physical exercise: it is part of a spiritual path unrelated to Christianity, with postures, breathing techniques, and mantras that imply a Hindu religious purpose. Even if practiced solely for exercise, its background remains incompatible with the faith.

True peace does not come from human techniques, but from the grace of God. The Church calls us to discern clearly and not to replace our personal relationship with Christ with methods inspired by pagan philosophies.

Jesus Himself invites us:

“COME TO ME, ALL YOU WHO LABOR AND ARE BURDENED, AND I WILL GIVE YOU REST.”
(MT 11,28)

The only path to true peace
is Jesus Christ!



The human heart thirsts for God, not for human techniques. Only in Jesus Christ do we find salvation and the true freedom of the children of God.

Let us trust in the guidance of the Church, which always leads us to Christ, the source of life and true peace.