

IS YOGA A RELIGION?



Many people often wonder if yoga is a religion, it is not. Yoga is a multi-faceted practice that has many layers. It is a physical practice, a spiritual practice, and a philosophy. At its core, yoga is meditation, finding a deeper spiritual existence through the use of physical poses, breathing practices and sound.

Yoga is inclusive and does not insist upon a particular set of beliefs. It is a spiritual practice that supports any religion. As the world has moved towards a global culture, yoga has transcended the cultural and geographical boundaries that originally supported it. Modern society has begun investing money and time into researching mind-body medicine, like yoga, because of the immense benefits.

The bottom line of yoga is intention. The intention held in the heart of the yoga practitioner determines the outcome of the practice and is more powerful than any rituals of practice. If the intention held while practicing is to grow closer to God then that is where the practice will lead. If the intention is to improve physical fitness, that is where the practice will lead. There are many layers and levels to yoga and each practitioner determines their own path based on their intention and level of comfort.

While the history of yoga is rooted in Eastern origin, its future is open to all who seek to develop their mind-body health and grow spiritually.

Breathe. Inhale hope. Exhale healing.

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