

Should Christians Practice Yoga?

A new debate hit the internet recently, and it put yoga squarely in the crosshairs.

It all started with this tweet observation from writer Matt Walsh:

It's kind of amazing to see all of the Christians who think nothing of going to a yoga class. There are many excellent ways to get in shape that do not involve participating in Hindu worship.

And with that, the yoga Twitter war began. Walsh took issue by linking yoga to Hindu worship, which appears to be a fair assertion. The debate, however, is hardly anything new. The issue was raised by the BBC a few years ago, interestingly by a Muslim woman, not by a Christian. They also included concerns about practicing it from a number of other religions.

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