

10 Yoga Poses That Invite Demonic Spirits

Millions around the world practice yoga for fitness and relaxation, but what if these seemingly harmless poses carried a far more spiritual, and even dangerous, implication?

In a gripping interview with Charisma Media, Pastor Mike Shreve, a former yoga teacher and guru, sheds light on what he calls the spiritual deception embedded in yoga practice. Drawing from his past as a teacher at four universities and leader of a yoga ashram with over 300 students, Shreve warns that yoga is not just exercise—it is rooted in Hindu worship and opens the door to demonic influence.