

By: Hindu Human Rights

Yoga is a deep science revealed by Mahadeva Himself in the Agamas. It is not just moving your arms and legs! Yoga is deeply rooted in Hinduism, sourced in Hinduism, and includes all aspects of Hinduism. It is not a "spiritual" practice alone, but is a sacred Hindu RITUAL. Any yoga teachers, gurus who promote yoga as a mere spiritual practice are diluting and misrepresenting yoga, and pose danger to the ones practicing it. Beer yoga, chicken yoga are not only NOT yoga, they are dangerous, and unscientific. They do damage to those who practice it. It is important for every yoga practitioner & teacher to understand that yoga is a SCIENCE to realize, experience bliss and divinity. It is divinity expressing through you, not you trying to reach divinity. You need to set the sankalpa, chant the mantras, do the pranayama & achamaneeyam, mudras and invoke Bhagwan before doing asanas.

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