Yoga – Transcendence or Trap?

Michael d'Offay 19 March 2025



Many think of yoga as only physical exercise, but is there more to it? Even the name 'yoga' gives us a clue – it means 'to yoke' or 'to join', but to what? In this session, Michael d'Offay delves into the ancient origins and deep spiritual roots of this popular modern-day practice, where each pose or position carries a spiritual significance. As Michael explains the implications of this discipline, we are reminded that the peace, prosperity and healing yoga promises can only be found in the true, living God – our Lord and Saviour, Jesus Christ.