

Priest should take yoga

I read the article about the exorcist Father Jeremy Davies (CR, June 12). In that article he placed hatha yoga and yoga in general as dangerous. I have taken yoga classes on and off for a long time and none of my teachers or instruction books have ever claimed anything from doing the exercises other than it makes your body feel better.

And when the body feels better so does the mind. If this is dangerous then there are a lot of people in danger. I think Father Davies should take part in a yoga class and see just what is being taught.