

What We Seek/What We Do Not Seek



Ignatian Yoga

WE SEEK TO ...	WE DO NOT SEEK TO ...
<ul style="list-style-type: none"> - suggest some ways that yoga can support your spiritual and/or religious journey - point to connections between Ignatian spirituality and Yoga - offer ways these two traditions can learn from and support each other 	<ul style="list-style-type: none"> - create a new style of yoga
<ul style="list-style-type: none"> - introduce you to Ignatian spirituality and the Spiritual Exercises of St. Ignatius - introduce you to Yoga philosophy - create a safe space for you to slow down and reflect 	<ul style="list-style-type: none"> - initiate you into a tradition or sell you a program
<ul style="list-style-type: none"> -inspire wellness and balance in your life 	<ul style="list-style-type: none"> - help you get buff or lose weight
<ul style="list-style-type: none"> - support you in your faith journey and help you discover how God might be communicating with you - provide resources and insights that can help deepen your Catholic faith and relationship with Jesus (if you are Catholic and believe in Jesus) - provide some resources and insights from the Catholic tradition that may help deepen your spiritual and/or religious journey (if you are not Catholic) 	<ul style="list-style-type: none"> - convert you to become Catholic
<ul style="list-style-type: none"> - suggest some ways that Yoga can support your spiritual and/ or religious journey - introduce you to some aspects of Yoga philosophy - teach you how to do some yoga poses safely that may help you ground, center, relax, and connect with God 	<ul style="list-style-type: none"> - convert you to become a yogi
<ul style="list-style-type: none"> - support your existing therapy, recovery, self-care, or spiritual path 	<ul style="list-style-type: none"> - be a replacement for therapy or the 12 steps
<ul style="list-style-type: none"> - create a safe space where you may choose to share openly with a group or spiritual director 	<ul style="list-style-type: none"> - force/pressure you to share your deepest secrets
<ul style="list-style-type: none"> - help you carefully discern how you can live the life God may be calling you to live 	<ul style="list-style-type: none"> - encourage you to make radical changes in your life
<ul style="list-style-type: none"> - remain committed to learning about yoga, the Catholic and Ignatian traditions - dialogue with experts in these fields, drawing from their wisdom and expertise 	<ul style="list-style-type: none"> - be experts on all things yoga, Catholic, or Ignatian