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Tuesday	8:30–10:25 AM Matherly 51
Thursday	9:35–10:25 AM Matherly 51
Monday	10:00–12 NOON (Office Hours)
Wednesday	10:00–12 NOON (Office Hours)

### – Kāṭha Upaniṣad 2.18 –

After receiving all this knowledge of the Yoga rules taught by Death,  
Naciketas attained absolute reality (*brahman*);  
he became free from death and self-controlled.  
Others will too who know these teachings about the supreme self.

### Introduction

This course is a study of Yoga from ancient India to modern global contexts. Almost everyone is familiar with Yoga as a popular form of exercise for flexibility and muscle strength, but there is far less familiarity with Yoga as an ancient psychological school and non-sectarian religious technique aimed at supernatural powers and direct perception of supreme reality. The oldest and most influential books on Yoga do not mention Yoga postures and stretching, but they do discuss religious practice and the nature of religious experience. We will start there and go onto the medieval period when postural Yoga begins, and continue to the present when Yoga is practiced in spiritual, psychological, and physiological contexts. The learning outcomes of this course are:

1. To develop an understanding of the original texts and commentaries out of which contemporary Yoga practices and philosophies were derived.
2. To develop an enhanced philosophical understanding of epistemology, metaphysics, philosophy of mind, psychology, and theology from the ancient to contemporary Yoga traditions through an enrichment of vocabulary and philosophical concepts.
3. To develop the ability to critically engage the central terms and concepts in the Yoga tradition.

This course has an informal comparative element too, allowing you to contrast your own religious and philosophical views with that of the Indian traditions, thus bringing to light some of your own presuppositions and hopefully assisting you to further develop your own thought

### Requirements

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|----------------------------|--|
| 1. Attendance – 10%        | 4. Final Exam – 20%                            |
| 2. Announced Quizzes – 10% | 5. Final Paper – 40%                           |
| 3. Midterm – 20%           | 6. See “Policies” handout for more information |

### Reading List

1. Bryant, Edwin. *The Yoga Sūtras of Patañjali: A New Edition, Translation, and Commentary with Insights from the Traditional Commentators*. New York: North Point Press, 2009
2. Singleton, Mark. *Yoga Body: The Origins of Modern Posture Practice*. Oxford University Press, 2010.

3. All handouts and online readings

## Tentative Weekly Lecture & Reading Schedule

### Week 1 - Introduction

#### Part I: Ancient Yoga Sources

#### Week 2 - Yoga in the History of Indian Thought

- ◆ Bryant, "The History of Yoga"

#### Week 3 - Sāṃkhya-Yoga Metaphysics, Psychology and Cosmogony

- ◆ Bryant, "The Subject Matter of the Yoga Sūtras"

#### Week 4 - The Definition and Goal of Yoga

- ◆ Yoga Sūtra 1.1
- ◆ Yoga Sūtra 1.2-4; 4.34
- ◆ Lecture: <https://historyofphilosophy.net/yoga-maas>

#### Week 5 - Practice Makes Perfect and Yogic Theology

- ◆ Yoga Sūtra 1.12-1.22
- ◆ Yoga Sūtra 1.23-1.33

#### Week 6 - The Eight Limbs of Yoga

- ◆ Yoga Sūtra 2.29-2.32; 2.45-2.46; 2.49; 2.54; 3.1-3.3

#### Week 7

- ◆ Bhagavad Gītā, selections from Chapter 2, 6, 18

#### Week 8

- ◆ Catch Up and Midterm

#### Part II: Early Postural Yoga

#### Week 9 - Haṭha Yoga

- ◆ *Brill's Encyclopedia of Hinduism*, "Haṭha Yoga," J. Mallinson

#### Week 10 - Haṭha Yoga

- ◆ Selections from the *Gheraṇḍa Saṃhitā*
- ◆ "The Meaning of *haṭha* in Early Haṭhayoga," Jason Birch, *Journal of the American Oriental Society*

#### Week 11

- ◆ Selections from *Khecarīvidyā* of Ādinātha
- ◆ Selections from *Roots of Yoga*, Penguin

#### Part II: Modern Yoga

#### Week 12

- ◆ Singleton, Ch 2

#### Week 13 - Haṭha Yoga

- ◆ Singleton, Ch 3-4

**Week 14** - No classes: *American Academy of Religion & Thanksgiving*

#### Week 15

- ◆ Singleton, Ch 5-6

#### Week 16

- ◆ Singleton, Ch 8-9