

2015

RELI-250-51 Across Religious Boundaries: Understanding Differences

E H. Jarow

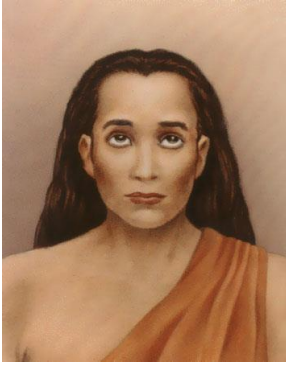
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Vassar College, Spring 2015

Religion 250-02

Yoga in the West

E.H. Jarow

Tuesday/Thursday 1:30-2:45pm, BH 242

Office: 206 Blodgett Hall (x5516) email: jarow@vassar.edu

Office Hours: Wed. 3:30-5:30pm, Thurs. by appointment (3:00-4:00pm)

Course Requirements

Regular class attendance, preparation for lectures and discussions by punctual completion of reading and written assignments, active participation in class

discussions. 30 minute of *sadhana* a week, keeping an ongoing journal that includes notes on practice as well as on readings. A fieldwork visit to any yoga center, write up and presentation of field work, and a final research paper or project in consultation with instructor to be presented to the class.

General Reference Materials

Clarke, *Oriental Enlightenment: the Encounter between Asian and Western Thought*

Dasgupta, S. *Yoga-Philosophy*

DeMecheleis, Elizabeth. *A History of Modern Yoga*

Fields, Rick, *How the Swans Came to the Lake*

Feuerstein, Georg. *The Yoga Tradition*

Halbfass, *India and Europe*

Hanegraaf, Wouter. *New Age Religion and Western Culture*

Urban, Hugh, *Tantra: Sex, Secrecy, Politics, and Power in the Study of Religion*

White, David, *Kiss of the Yogini*

Zimmer, *Yoga Philosophy*

Required Reading

Akers (trans.), *Hathayogapradipika*

Avalon, *Serpent Power: Secrets of Tantric and Shaktic Yoga*

Patanjali, *Yoga-Sutras*

Ram Dass, *Remember, Be Here Now*

Singleton, *Yoga Body: The Origins of Modern Posture Practice*

“Vyasa,” *Bhagavadgita*

Class Schedule



1. The Traditional Sources

January 29: “Enlighten Up”

February 3: “I Love Yoga”

- Written assignment: What moved you in the film? Why? (Two page maximum, due on Moodle response page, Feb 1, 6:00pm)
- Who owns yoga? Who speaks for yoga?
Different “Types” of Yoga
- Course Logistics and Protocols

February 5: Classical Discourses on Yoga

- *Yoga-Sutras 1 & 2*

February 10: Classical Discourses on Yoga

- *Yoga-Sutras 3 & 4*

February 12: Siddhi & Samadhi

- Reading: *Hathayogapradipika*
- Practicum on Yoga & Pranayama

February 17: The Yoga of the *Bhagavadgita*

- Written assignment: Discuss two different contexts in which the word “yoga” appears in this text (two pages downloaded to Moodle response page by Feb 16)?

- *Bhagavadgita* (any translation)

Chapter II, 48, 50, 53, 66,

Chapter III. 3.

Chapter IV. 2, 3, 25, 27, 28, 38, 41, 42.

Chapter V. 1, 2, 4, 5, 6, 7, 11, 21.

Chapter VI. 1, 2, 3, 4, 8, 10, 12, 15, 16, 17, 19, 20, 23, 24, 27, 28, 29, 31, 32, 33, 36, 41, 42, 44, 45, 46, 47.

Chapter VII. 1, 25.

Chapter VIII. 8, 10, 12, 14, 25, 27, 28.

Chapter IX. 5, 28, X. 7, 10, 17, 18.

Chapter XI 4, 8, 9, 47.

Chapter XII. 1, 6, 9.

Chapter XVIII. 33.

- Aurobindo, *The Message of the Gita*

February 19: The “Three *Yogas*” and their respective *sadhanas*

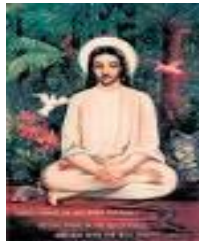
Bhagavadgita: Chapters 2, 4, 6, 8, 9, 12

Aurobindo, *The Message of the Gita*

February 24: Kuṇḍalinī Śakti: The Serpent Power

- Visions and Revisions of the Chakra System
- *Ṣaṭ-Cakra-Nirūpaṇa* (in *The Serpent Power*)
Bruyere, “Wheels of Power” (e reserve)

February 26: Practicum on the Chakras



March 3: How the West was Lost: History of Modern Yoga

- DeMicheles, “A History of Modern Yoga
Singleton, *Yoga Body*

March 10:

- Fields, “History is Repeating Itself” (e-reserve)
- DeMicheles, “Vivekananda”

March 12: Field Work Research: Day Off

March 31: Field Work Reports

April 2: Field Work Reports

April 7: The Development of Modern Yoga

- Singleton, *The Yoga Body*

April 9: Vivekananda, Yogananda

- Nikhilananda, Vivekananda: a Biography
- Yogananda: Autobiography of a Yogi (selections on E reserve)

April 14: Gurudom in Woodstock Nation

- Tweed, “The Beatles and A.C. Bhaktivedanta Swami”

- Forsthoeffel, "Weaving the Inward Thread to Awakening"
- Humes, "Maharishi Mahesh Yogi: Beyond the TM Technique"
- Leary, "Buddha as a Drop Out" (e-reserve)

April 16: *Fierce Grace*

- Ram Dass, *Remember: Be Here Now*

April 21: The New Age Synthesis

- Hanegraaff, *Introduction*

April 23: Sex, Lies, & Enlightenment: Appropriations of the Guru in America

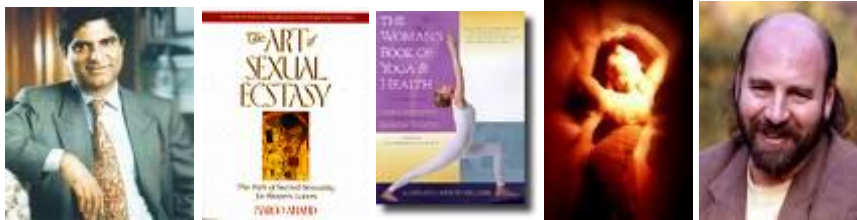
- Ram Dass, "Egg on my Beard" (e-reserve)
- Urban, "Osho, From Sex Guru to Guru of the Rich (e-reserve))
- Harris, "O Guru,Guru, Guru" (e-reserve)

☞ Guest Speaker, Michael Taft

April 28: Shakti: Women and Yoga

- Reading: Irigary
- Mcdermott, "The Western Kali" (on reserve)

☞ Guest Speaker, Yona



III. The Apostles of Wellness- Planet Yoga

April 30: Tantra: Yoga and the Art of Sexual Ecstasy

- Do a websearch for “Bikram Yoga” and for “Tantra”

Reading: Urban, *Tantra*, chapters 6,7

Kripal, “Riding the Dawn Horse” (GAM)

Recommended: Margo Anand, *The Art of Sexual Ecstasy*

May 5: The Yoga of Health and Well-Being

Reading: Yoga and Science (selections on reserve)

Svaboda, Prakriti (selections)

Recommended: Jarow, *Creating the Work You Love*

May 7. The Yoga of the Future: Presentations

May 12: Projects and Presentations.

Recommended Reading

Austin, James. H. *Zen and the Brain*

Batchelor, Stephen, *The Awakening of the West*, Parallax (1994)

Brunton, In Search of Secret India

Eck, Diana. *Encountering God: A Spiritual Journey from Bozeman to Banaras.*

Eck, Diana. *The Pluralism Project* (CD-ROM).

Godman, David. *Nothing Ever Happened*

Kripal, Jeffrey, *Kali's Child*

Krishnamurti, J. *The First and Last Freedom, The Awakening of Intelligence*

Muktananda, *The Play of Consciousness*

Nisargadatta. *I am That*

Pirsig, *Zen and the Art of Motorcycle Maintenance*

Spence, Jonathan, *The Memory Palace of Matteo Ricci.*

Washington, Peter, *Madame Blavatsky's Baboon*

Yogananda, *Autobiography of a Yogi*

Resource Centers for Yoga and Meditation in the Hudson Valley

Ananda Ashram, Monroe New York

Arlington Yoga works (845-473-9074), Poughkeepsie, New York

Bally Total Fitness (800-477-5557)

Birch Street Center for Yoga, West Hurley, NY (845-679-5026)

Blue hill Mind and Body, Inc (845-227-3703) Hopewell Jct., NY

Center Hudson Valley Yoga, Rihnebeck, NY (845-876-2528)

Chuan Yen Buddhist Monastery, Kent, New York

Half Moon Yoga Barn, Millbrook, NY (845-677-1282)

Jai Ma Yoga Center (845-256-0465), New Paltz, NY

Jivan Mukti Yoga Center, Soho, New York City

Kagyu Tibetan Monastery, Wappingers Falls (914) 297-2500

KDT Tibetan Monastery, Woodstock, New York

Living Seed (845-255-8212), New Paltz, NY

Mid Hudson School of Yoga (845-255-3030) New Paltz, NY

Naturalpeace, Kingston, NY (845-340-1143)

Omega Institute of Holistic Studies, Rhinebeck, NY (eomega.org)

Quan Yin Center, Garrison, New York (845-424-4339)

Sadhana Yoga Ct. (845-483-9642), Poughkeepsie, NY

Shakti Yoga of Woodstock, NY (845-679-0706)

Siddha Yoga Dham – South Fallsburg, New York (also in NYC)

Tsechen Kunchab Ling, Walden, New York

Yoga Lifestyle (845,883-4220), Highland, NY

Yoga Way (845-227-3223) Wappingers Falls, NY
Zen Mountain Monastery, Mount Tremper, New York