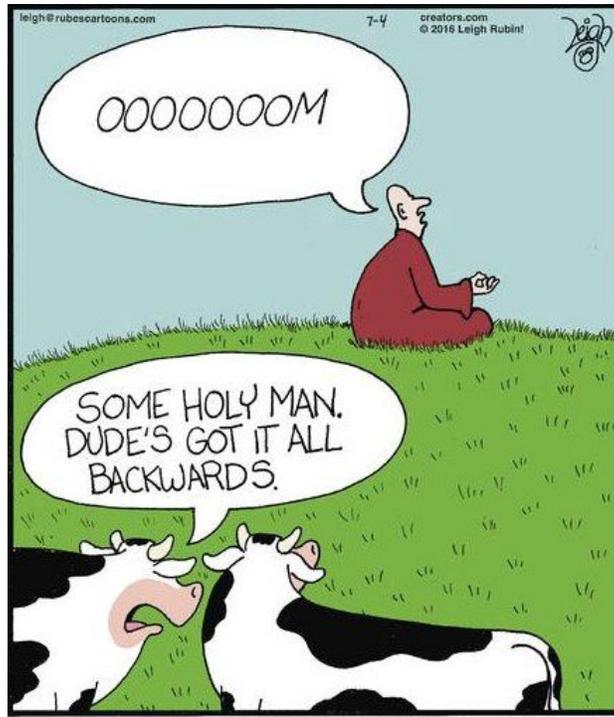


YOGA: PAST AND PRESENT



Honors 391A | Spring 2020 | Mondays and Wednesdays 11:30-1:20 | MGH 287

Professor Christian Lee Novetzke
Office: Thomson Hall 427
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Office Hours: Mondays 2:30-4pm

Course Description:

In this course we will study yoga through its history, practice, literature, science, and politics. From the ancient past to modern yoga, we will study essential texts and ideas, as well as the effects of class, religion, gender, nationalism, development, colonialism, politics, and physical culture on yoga. We will also look at the intersection of yoga with science and health. Yoga's long history in India reveals that this practice of imposing discipline on the body and mind was far more than a set of physical or meditative practices, but a means to reformulate social, political, natural, and cosmic worlds as well. Practiced by people of all religions and none, yoga not only transcends any single culture but it links many cultures together. Yet the practice of yoga is also situated in the politics of colonialism, identity, gender, class, race, and power. We will endeavor to understand yoga as a broad set of ideas and practices in this course, and also grasp how yoga moves through the many fields of culture and politics that shape our world.

Prerequisites: This course has no prerequisites

Format: This is a hybrid course containing elements of a lecture course, a seminar, and a practicum (like a dance course). We will adapt the format to our learning needs during the quarter. There is no “textbook” for this course. Instead, lectures serve as your essential course text. Most classes will begin with an hour or so of lecture, followed by a ten-minute break, then 30 minutes of questions and discussion on the readings and the lecture. Occasionally, I may vary this format as needed. In addition, three of our classes will be practicum classes and will be held in the IMA where we will have physical instruction in yoga in some form.

Assignments:

Your assignments for this course each constitute one third of your grade:

Participation and In Class Work: Though lectures make up the majority of our class time, I encourage questions and observations during lectures from students. I expect engagement with the materials of both the lectures and the reading in every class. If speaking in class poses a problem for you in some way, please contact me. In addition, we will often undertake a small writing and/or discussion activity during class.

Midterm Project: Yoga in Your World: Your midterm project for this class will involve research on yoga “in your world” in some way. In this project you should critically examine the way your life intersects with some aspect of the world of yoga. I will distribute detailed guidelines for this project. I will encourage you to be creative, inventive, and adventurous in this work. Your research should be delivered in some form of presentation software, such as Keynote, Powerpoint, Google Slides, Prezi, etc., rather than in a traditional paper format. This project is due on May 4 via electronic submission.

A Final Paper/Project—You will complete a final paper or similar scholarly project. I will distribute detailed guidelines offering you options for this project, and you can also approach me with your own ideas for my approval. You should settle on the subject of your final paper or project by class on May 6. Your paper or project is due on June 8. Papers will normally be around 3000 words in length, and we will consult to determine requirements for alternative formats. You must deliver your paper/project both via email and as a hard copy in my mailbox (Thomson Hall, 4th floor). Please remember: *you must deliver both email and hard copy by noon on June 8.*

Grading: I use the standard 4.0 grading system in use at the University of Washington.

Late Work: I do not accept late work. Any work not completed on time is graded with a 0.

Syllabus: I reserve the right to change this syllabus at any point, including the readings and assignments, or any other aspect of the course, as required in order to adapt to the needs of the class or other factors.

Lectures: I do not distribute lecture notes or powerpoints. These are not designed as stand-alone texts, but rather as aids for me. If you miss a class, please get notes from a colleague. I do not summarize lectures in office hours or otherwise.

How to Get an A: Read, learn, come to class, participate, enjoy.

How to Get an F: I will strictly enforce the University's rules on Student Academic Responsibility (<http://depts.washington.edu/grading/pdf/AcademicResponsibility.pdf>) and the Student Conduct Code (<http://apps.leg.wa.gov/WAC/default.aspx?cite=478-120>). It is your responsibility to understand what your responsibilities are as a student and the consequences involved in transgressing your responsibilities. Also, generally checking out or disappearing, especially throughout the middle of the quarter, is a bad idea.

Disability Policy: If you would like to request accommodations due to a disability, please contact Disabled Student Services, 448 Schmitz Hall, 543-8924 (V/TDD). If you have a letter from Disabled Student Services indicating you require accommodations, please present the letter to me as soon as possible so that I can make necessary arrangements. If you face any challenges regarding the three practical sessions we have planned for the quarter, please consult with me and I will find a way to make these sessions accessible for you.

Practicum Sessions Opt-Out Policy: A student, for any reason, may opt-out of participating in one or more of the practicum sessions. In order to opt out, please consult me at the beginning of the quarter and I will find an alternative project for you to complete.

Religious Accommodation Law: Washington state law requires that UW develop a policy for accommodation of student absences or significant hardship due to reasons of faith or conscience, or for organized religious activities. The UW's policy, including more information about how to request an accommodation, is available at [Religious Accommodations Policy](#). Accommodations must be requested within the first two weeks of this course using the [Religious Accommodations Request form](#).

Class Etiquette: Please do not use electronics in class (computers, phones, etc.). Please do not eat in class. Remember that a classroom is a microcosm of civil society. We should treat each other with civility and respect.

Readings and Materials: The readings and materials in this course are of several kinds: books, articles, websites, and video/film. Scanned articles are all available online at the course Canvas site. Books have been ordered with the University Bookstore. A single copy of each book is on reserve in the Odegaard Undergraduate Library with a 2-hour loan period. I strongly encourage you to purchase the books listed. A link is provided to all other materials. If accessing readings and materials poses a problem to you in any way, please let me know.

Please note that you must bring readings to class.

Texts for Purchase at University Bookstore and On Reserve:

Yoga: Discipline of Freedom, Patanjali, translation by Barbara Stoler Miller
The Bhagavad Gita, translation by Laurie Patton
Hatha Yoga Pradipika, translated by Brian Akers

Syllabus

March 30: Introduction

- No Reading; terms handout at the end of class.
- Short visit from Danny Arguette, Director of UW's yoga and mindfulness programs

April 1: Foundational Concepts in Hindu and Buddhist Yoga

- Reading:
 - Conduct your own research on the terms given to you in class on 3/30

April 6: Wild Horses and Death's Door: Some Possible Origins for Yoga

- Reading:
 - *Katha Upanishad* [Course Pack]
 - Start reading the *Bhagavad Gita*.

April 8: A Warrior's Yoga: *The Bhagavad Gita* (c. 100 CE)

- Reading:
 - Finish reading the *Bhagavad Gita*.

April 13: ***Meet at the IMA for a meditation class***

- Reading:
 - *Yoga Sutras*, first half.

April 15: The Blueprint for Yoga-as-We-Know-it-Now: *The Yoga Sutras* (c. 400 CE)

- Reading:
 - *Yoga Sutras*, second half.

April 20: Dialectical Yoga: Tantra and the Tantric Age (c. 400-1200 CE)

- Reading:
 - Selections from *Tantra in Practice* (D. G. White) [Canvas]
 - "The Tantric Guru [*Kularnava Tantra*]," Andre Padoux
 - "Tantric Rites in Antal's Poetry," D. Dennis Hudson
 - "The Ocean of the Heart: Selections from the *Kularnava Tantra*," Douglas Renfrew Brooks
 - "Secret Yantras and Erotic Display for Hindu Temples," Michael D. Rabe
 - "The Worship of Kali according to the *Todala Tantra*," Sanjukta Gupta
 - "The Purification of the Body," Gavin Flood.
 - "Cheating Death," Michael Walter

April 22: ***Meet at the IMA for a Hatha Yoga Class***

- Reading:
 - *Hatha Yoga Pradipika*, first half.

April 27: The Yoga of Force: *Hatha Yoga Pradipika* (c. 1400 CE)

- Reading:
 - *Hatha Yoga Pradipika*, second half.

April 29: Yoga and Tantra: Hindu, Buddhist, and Jain

- Reading:
 - “Yoga in Jain, Buddhist, and Hindu Tantric Traditions” from *Yoga in Practice*, 143-254. [Canvas]

May 4: Yoga, Tantra and Islam

- Reading:
 - “The Soul’s Quest in Malik Muhammad Jayasi’s Hindavi Romance,” essay and translation by Aditya Behl. [Canvas]
 - “Muslim Interpreters of Yoga,” by Carl Ernst. [Canvas]
 - “A Fourteenth-Century Persian Account of Breath Control and Meditation,” Carl W. Ernst. [Canvas]
 - “Conversation between Guru Hasan Kabiruddin and Jogi Kanipha: Tantra Revisited by the Islam’ili Preachers,” Dominique-Sila Khan [Canvas]

Midterm Project Due May 4

May 6: The Visual Cultures of Yoga

- Reading:
 - Peruse on reserve:
 - *Yoga: The Art of Transformation*
 - *Garden and Cosmos*
 - Explore online and read:
 - <http://www.asia.si.edu/explore/yoga/>
 - <https://www.asia.si.edu/exhibitions/online/GardenCosmos/GardenCosmos.htm>
 - Your own research on yoga imagery, representation, and art

May 11: Yoga in Colonial India

- Reading:
 - “*Yoga Makaranda* of T. Krishnamacharya,” Mark Singleton, M. Narasimhan, and M. A. Jayashree [Canvas]
 - Susanne Rudolph, “Self-Control and Political Potency: Gandhi’s Asceticism,” in *American Scholar*, Vol. 35, No. 1 (Winter 1965-66): 79-97. [Canvas]
 - Joseph Alter, “Yoga and Physical Education: Swami Kavalayananda’s Nationalist Project.” *Asian Medicine: Tradition and Modernity* 2007 3: 20 – 36. [Canvas]

May 13: Yoga, Tantra, and India Today

- Readings:
 - “Interviews with a Tantric Kali Priest: Feeding Skulls in the Town of Sacrifice,” June McDaniel [Canvas]
 - “A Trance Healing Session with Mataji,” Kathleen M. Erndl [Canvas]
 - “Common Yoga Protocol,” AYUSH, Indian Government, 2019. [Canvas]

- “Yoga, a Healthy Way of Living,” NCERT, Indian Government, 2019. [Canvas]
- “Yoga Olympiad Scheme,” NCERT, Indian Government, 2019. [Canvas]
- Do your own research on a major public figure associated with yoga in India today, such as Osho/Rajneesh, Baba Ramdev, Yogi Adityanath, Jaggi Vasudev, etc.

May 18: *Meet at the IMA for a Vinyasa Yoga Class*****

May 20: From India to the World: Yoga, Religion, Hinduism, Cultural Appropriation, and the Postcolonial World

- Reading:
 - Take Back Yoga Campaign, the Hindu American Foundation: <http://www.hafsite.org/media/pr/takeyogaback>.
 - Shukla, Aseem. 2010. “The Theft of Yoga.” *The Washington Post*, April 18. [Canvas]
 - Andrew Nicholson. 2013. “Is Yoga Hindu? On the Fuzziness of Religious Boundaries.” *Common Knowledge* 19, no. 3 (September 21): 490–505. [Canvas]
 - Shreena Gandhi and Lillie Wolff. 2017. “Yoga and the Roots of Cultural Appropriation”: <https://www.kzoo.edu/praxis/yoga/>.
 - Prachi Patankar. 2014. “Ghosts of Yogas Past and Present”: <https://www.jadaliyya.com/Details/30281>
 - Sedlock vs. Baird Trial Documents [Canvas]

Monday May 25—Memorial Day—No Class

May 27: Yoga in America: Race, Gender, Class, Capitalism

- Reading:
 - Watch *Kumare* on your own on Canvas or elsewhere

June 1: A Nervous Science: Yoga, Body, and Mind

- Reading:
 - Use the database Web of Science through UW’s library to find at least five articles regarding research on yoga around one theme of your own choosing; bring notes on this research to class.

June 3: Yoga for Death, and also for the Living

- Reading:
 - None

Final Project Due June 8