

Yoga



The Old is New, East is West



Lecture/Presentation ~Aaron Michael Ullrey, PhD~

1 August 2019 | 7:00 p.m.

**Santa Maria de la Vid Abbey | Guadalupe Commons
Free Event**

Hors d'oeuvres & beverages following presentation

Yoga is a physical practice of bending and stretching, conferring health, wellbeing, and, somehow, spiritual development. Yoga supposedly originates in India, transmitted over eons to our modern world. But modern postural yoga originated in the 1800s, its latest form emerging during the 1960s, a hybrid of western exercise, Protestant “new thought,” and consumerism, with few Indian influences. So, what is Indian yoga? How did yoga “gurus” create a yoga divorced from wandering, ascetic Indian yogis? How were militaristic, misogynistic, and magical Indic religious cultures transformed into the women’s empowerment, productivity worship and materialism, associated with 21st century yoga?



Dr. Aaron Michael Ullrey lived and studied in India in the 1990s and 2000s, and received his MA and PhD in Religious Studies at the University of California at Santa Barbara. His PhD dissertation, “Grim Grimoires: A Study of Pragmatic Ritual in Medieval Tantras,” explores rituals overlapping in Hinduism, Buddhism, and Jainism. Dr. Ullrey has also contributed to the publication *Religious Violence Today*, and is currently studying contemporary yoga. Dr. Ullrey has taught at UC Santa Barbara, Duke, and the University of Denver.