



The Hebrew University of Jerusalem

Syllabus

Yoga and Meditation in the Hindu Tradition" - 35107

Last update 30-07-2018

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Asian Studies

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Hagar Shalev

Coordinator Email: hagar.shalev@mail.huji.ac.il

Coordinator Office Hours: Sunday 14:00-14:30

Teaching Staff:

Ms. Hagar Shalev

Course/Module description:

The publication of India as a source of spiritual culture is namely originated in the Hindu Yoga and Meditation traditions. These ancient and authentic traditions symbolize Modern India's spirit and identity. Their roots could be traced as far as the ancient Indus Valley civilization and they go through constant development and interpretation. We will engage with the textual core of these two traditions as well as the evolution of cultural traditions and phenomena that are related and lean on the Classical Yoga Tradition. This examination will allow a broad understanding of how people give new meanings to existing phenomena throughout history in general and the tradition of yoga in particular.

Course/Module aims:

A broad understanding of the Hindu Yoga tradition and the way modernity affects cultural phenomena.

Learning outcomes - On successful completion of this module, students should be able to:

Know the history of Hindu Yoga along with the essential texts and Commentators. Will also know yoga related traditions such as Tantra and Ayurveda. Will develop critical thinking towards "cultural products" that are Influenced by New Age.

Attendance requirements(%):

80

Teaching arrangement and method of instruction: Lecture and discussion

Course/Module Content:

Epistemology in the Upanishads, psychology and ontology in the Yoga-Sutra, introduction to Tantra, Bhakti yoga, Yoga in the Middle Ages (Four Types of Yoga: Laya, Mantra, Hatha and Raja), Recent Developments of Hatha Yoga, Modern Yoga Schools in India, Modern Commentators of Yoga, Yoga outside of India.

Required Reading:

The complete final reading list will be given at the beginning of the course and will

include reading materials in Hebrew and English. The primary materials will be presented with a Sanskrit translation.

אליעדה, מירצ'ה וקוליאנו יואן, מילון הדתות, כרמל, ירושלים, 2001
בירמן, שלמה, פילוסופיה יהודית – קווי יסוד, הוצאת האוניברסיטה המשודרת, ת"א, 1980
גלדמן, מרדכי, העצמי האמיתי ועצמי האמת, הוצאת הקיבוץ המאוחד, 2006
גרינשפון, י., הינדואיזם, הוצאת מפה והוצאה לאור של אוני' תל אביב, ת"א, 2005
גרינשפון, יוחנן, דממה וחירות ביוגה הקלאסית, הוצאת האוניברסיטה המשודרת, 2002
הינלס, ג'ון (עורך), לקסיקון לדתות בנות זמננו, כתר, ירושלים, 1992
וויקאנדה סוואמי, רג'ה יוגה, הצליל הפנימי, תל אביב, 2008
טגורה, רבינדרנת, בינת האינסוף, תירגם וצירף מבוא: יחיאל כרמון, הוצאת גל, הרצליה, 1995
קומרסוואמי, פ.ר., הודו-דמוקרטיה בחברה משוסעת, האוניברסיטה הפתוחה, רעננה, 2009

Alter, J.S., *Yoga in modern India: The Body Between Science and Philosophy*, Princeton University Press, New Jersey, 2004. NA B132.Y6 A483. 2004
----- *Gandhi's body: Sex, Diet, and the Politics of Nationalism*, University of Pennsylvania Press, 2000).

Birch, J., 2011b. The meaning of Hatha in early Hathayoga. *Journal of the American Oriental Society*, 131(4), pp. 527-554.

Birch, J., Forthcoming (2018). The Proliferation of Āsana-s in Late-Mediaeval Yoga Texts. To be published in "Yoga in Transformation: Historical and Contemporary Perspectives on a Global Phenomenon." Vandenhoeck & Ruprecht Unipress.

Bryant, E.F. *The Yogasutras of Patanjali – With Insights From the Traditional Commentators*, North Point Press, New York, 2009.

-----, "Patanjali's Theistic Preference." *Journal of Vaisnava Studies*, vol. 14, no. 1 (Fall 2005), pp. 7-28

Chapple, C. K., *Yoga and the Luminous: Patanjali's Spiritual Path to Freedom*, (2008).

Connolly, P., *A Student's Guide to the History and Philosophy of Yoga*, Equinox 2007.

Dasgupta, S., *Yoga as Philosophy and Religion* (Kegan Paul, London, 1924), rep. by Motilal Banarasidas, Delhi, 1998.

De Michelis, E., 2005. *A history of modern yoga: Patanjali and western esotericism*. A&C Black.

De Michelis, E., 2007. A preliminary survey of modern yoga studies. *Asian Medicine*, 3(1), pp.1-19.

Doniger, W., 2009. *The Hindus: an alternative history*. Penguin.

Deutsch, E., *Advaita Vedanta*, University of Hawaii Press, East West Center Press, Hawaii, 1969

Eliade, M., *Yoga: Immortality and Freedom* (2nd ed.), Princeton University Press,

New Jersey, 1969.

Feuerstein, G., *The Deeper Dimension of Yoga; theory and practice*, Shambala, Boston, 2003.

-----, *The Philosophy of Classical Yoga*. Rochester, Vt.: Inner Traditions, 1996 (portions).

Flood, G., *An Introduction to Hinduism*, Cambridge University press, Cambridge, 1996.

----- (ed.), *The Blackwell Companion to Hinduism*, Blackwell Publishing, Oxford, 2003.

Hiriyanna, M., *Essentials of Indian Philosophy*, Motilal Banarsidas, Delhi, 1948 (rep. 1995).

Kaelber, W. O. 1989. *Tapta-Marga: Asceticism and Initiation in Vedic India* (Vol. 106). SUNY Press.

Kiss, Csaba. 2009. *Matsyendranātha's Compendium (Matsyendrasaṃhitā)*. A critical edition and annotated translation of Matsyendrasaṃhitā 1-13 and 55 with analysis. Unpublished DPhil. thesis submitted to Oxford University

Klostermaier, K.K., *A Survey of Hinduism*, SUNY, Albany, 1994, (second edition).

Krishna, D., 1991. *Indian philosophy: A counter perspective*. Delhi: Oxford University Press.

Lowitz, L., & Datta, R. 2009. *Sacred Sanskrit Words: For Yoga, Chant, and Meditation*. Stone Bridge Press.

Mallinson, J., 2014a. *Haṭhayoga's Philosophy: A Fortuitous Union of Non-Dualities*. *Journal of Indian Philosophy*, 42(1), pp. 225-247.

Mallinson, J., 2016. "Śāktism and Haṭhayoga," in *The Śākta Traditions*. London: Routledge.

Mallinson, J., 2011d. 5,000-word Entry on "Haṭha Yoga" in the *Brill Encyclopedia of Hinduism* Vol. 3 (pp. 770-781). Leiden: Brill.

Mallinson, J., 2011b. *Siddhi and Mahāsiddhi in Early Haṭhayoga*. *Yoga Powers*. Brill, pp. 327-344.

Mallinson, J. 2009. *Siddhas, Munis, and Yogins but no Nāths: The Early History of Haṭhayoga*. Wahlstrom Lecture.

Mallinson, J. and Singleton, M., 2017. *Roots of Yoga*. Penguin UK

Michaels, A., 2004. *Hinduism: Past and present*. Princeton University Press.

Miller, B. S., *Yoga: Discipline of Freedom, The Yoga Sutra*

Attributed to Patanjali, Bantam Books, 1995/ University of California Press, 1996.

Ondračka, L. 2015. *Perfected Body, Divine Body and Other Bodies in the Nātha-Siddha Sanskrit Texts*. *The Journal of Hindu Studies*, 8(2), 210-232.

Olivelle, P., *Upanishads*, Oxford University Press, New York, 1996, Introduction: pp. XXIII-LXI

-----, *The Early Upaniads; annotated text and translation*, Oxford University Press, New York, 1998.

Sanderson, A., 1988. *Śaivism and the Tantric traditions*. *The world's religions*, pp.

660-704.

Samuel, Geoffrey. *The Origins of Yoga and Tantra*, Cambridge University Press 2008.

Saran, P., 2017. *Yoga, Bhoga and Ardhanariswara: Individuality, Wellbeing and Gender in Tantra*. Taylor & Francis. Routledge India.

Schaeffer, Kurtis R. 2002. "The Attainment of Immortality: from Nāthas in India to Buddhists in Tibet", *Journal of Indian Philosophy* vol.30 No.6. Netherlands: Springer.

Smith R. In Singleton, M., & Byrne, J. (Eds.). (2008). *Yoga in the modern world: Contemporary perspectives*. Routledge.

Torella, R. and Hurry, K.F., 2011. *The philosophical traditions of India: An appraisal*. Indica books.

White, D.G., 2012. *The alchemical body: Siddha traditions in medieval India*. University of Chicago Press.

Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 60 %

Presentation 10 %

Participation in Tutorials 10 %

Project work 0 %

Assignments 20 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

The oral presentation will present the subject of the final paper.