

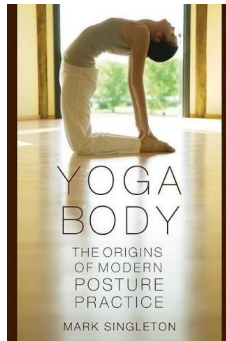
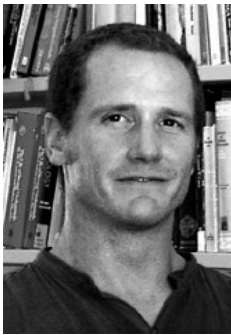
Guest Lectures  
at  
Yoga Sutra



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YOGA BODY: The Origins of Modern Posture Practice  
Lecture and Book  
Signing Event

Thursday, August 19<sup>th</sup>  
6:00 pm – 10:00 pm



In his groundbreaking book, Mark Singleton calls into question many commonly held beliefs about the nature and origins of postural yoga (asana) and suggests a radically new way of understanding the meaning of yoga as it is practiced by millions of people across the world today.

Singleton's surprising—and surely controversial—thesis is that yoga as it is popularly practiced today owes a greater debt to modern Indian nationalism and, even more surprisingly, to the spiritual aspirations of European bodybuilding and early 20th-century women's gymnastic movements of Europe and America, than it does to any ancient Indian yoga tradition.

Mark Singleton researches the history of modern yoga and has published extensively in this area, including the first ever collection of scholarship on the topic (*Yoga in the Modern World*, 2008).

He contributed the entries on modern yoga to two major encyclopedias of Hinduism, and has written many articles on the subject, as well as a practical book of yoga for children.

He has a Ph.D in Divinity from Cambridge University, UK. He also holds yoga teaching diplomas in the Iyengar and Satyananda schools, and is a long-term practitioner of these systems, and of Ashtanga, Vinyasa yoga and Vipassana meditation. He teaches at St. John's College, Santa Fe, USA.

This discovery enables Singleton to explain, as no one has done before, how the most prevalent forms of postural yoga, like Ashtanga, Bikram and "Hatha" yoga, came to be the hugely popular phenomena they are today.

Lecture from 6:00 – 8:00  
Book signing/Break from 8:00 – 8:30  
Lecture continued from 8:30 – 10:00

Yoga Teachers/Trainees	General Public
\$30 in advance or	\$45 pre-registered
at the door	\$55 at the door

Please sign up in person, by phone, email, or online  
Membership Discount (15%) applies  
Signing up online earns one Client Rewards Point