

# RELS 322: YOGA IN INDIA AND THE WEST

*Queen's University School of Religion*

Taught by: Colin Simonds, PhD Candidate

**This course surveys the history and philosophy of yoga in India and the West. It will look at some of the foundational yogic treatises in pre-modern India before examining how yoga became the postural form we know today. NOTE Yoga practicum: estimated cost \$90.**

## Course Breakdown

This course will involve weekly reading of primary yogic texts in translation such as the Bhagavad Gita, the Yoga Sutras of Patanjali, and the Hathayogapradipika. It will also involve reading and discussing the secondary literature on these texts to understand their significance to historical and contemporary yoga traditions. Finally, it will analyze some of the contemporary manifestations of the yoga tradition and some of the topics/issues that arise therein. To balance this intellectual study, students will also participate in weekly postural yoga classes off-campus to give context to the course content and give students a foil for comparing historical and contemporary yogic traditions.

## Grading

Two Quizzes (10% each)  
Critical Reflection Journal (40%)  
Final Research Essay (40%)

Time Commitment per Week

**8-10  
hours**

Prerequisite

**Level 3**

Required Textbook/Materials

**Optional**