

ONLINE SEMINAR through

ZOOM  Open Sky

Yoga philosophy

with DR. DOUGLAS BROOKS

2020

*Two exceptional seminars online
with a world-known Sanskritist and Historian of Religion*



DOUGLAS BROOKS, Ph.D.
yoga history and philosophy

Douglas is a professor of religion and chair of Asian Studies at the University of Rochester in Rochester, N.Y.

One of the world's leading scholars of Hindu Tantrism, he earned his doctoral degree from Harvard University's Center for the Study of World Religions. In addition, he lived for many years with his Guru in India, receiving a classical Sanskrit education.

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\$60 for one
\$108 for both

Sunday, September 20, 9-11:30 AM

Part 1: The Origins and Sources of Yoga (8000 BC to 400 AC)

A clear historical understanding of the histories of yoga is vital to developing an appreciation of how we practice today. We will begin in Pre-Arya India considering both the Indus Valley and the proto-Dravidians of south India and then step into Vedism and its development into Brahmanism. Along side these developments that lead us to Hinduism are the so-called Strivers (Shramana) such as Buddhists and Jainas and others who are advancing the conversation and the seminal debates. How do Vedism and Brahmanism become "Hinduism"? How does yoga evolve from these sources? We will come to the edge of the commentarial traditions past Patanjali and towards the rise of Vedanta.

Sunday, November 15, 9-11:30 AM

Part 2: Esotericism and Love (400 AC to 2020)

The two most important developments in yoga—as it reaches its mature complexities—are Tantra and Bhakti, that is, the esoteric and devotionals traditions. We'll create a chronology, as far as that is possible, but more importantly map out ideas, values, and practices. How do meditation, ritual practices, and other matters involving body, mind, and spirit develop and diversify? How do these traditions lead us to modernity? Let's discuss women's traditions, storytelling, temple traditions, and the evolution of practices such as mantra, mudra, and alchemy. Where do these ideas and values connect to our contemporary practices?



Dr. Brooks' lectures have been very influential in the way I see and experience the world of yoga and the world as a whole. His insights into spiritual life—the very essence of religion—and his refined use of semantics and metaphors help me to grasp, in a non-dogmatic way, the classical and tantric currents of Indian philosophy. This a must for any serious (and not so serious) yoga student. —FRANÇOIS RAOULT, Director of Open Sky Yoga

Please, pre-register online @ www.openskyyoga.com to reserve your space.