



Faculty of Arts and Social Sciences  
Religious Studies and Theology

## Course Reading

### Classic Yoga: Body, Self and Liberation

Valid from 08/30/2021

**Course Code:** REGKYO  
**Course Title:** Classic Yoga: Body, Self and Liberation  
**Credits:** 7.5 ETCS cr  
**Degree Level:** Undergraduate level

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#### Books

Bronkhorst, Johannes (2011). *Karma*. Honolulu: University of Hawai'i Press

Flood, Gavin D. (2006). *The tantric body: the secret tradition of Hindu religion*. London: I. B. Tauris

Mallinson, James, Singleton, Mark (2017). *Roots of yoga*. [London] UK: Penguin Books

White, David Gordon (2014). *The Yoga Sutra of Patanjali: a biography*. Princeton: Princeton University Press

White, David Gordon (2011). *Yoga in practice*. Princeton: Princeton University Press

Woods, J. H. (1914). *Yoga-sutra: The Yoga-system of Patañjali: The Yoga-sūtras of Patañjali, the Yoga-bhāṣya Attributed to Veda-vyāsa, and the Tattva-vaiśaraḍi of Vyāsa*. Cambridge, Massachusetts: Harvard University Press.  
<https://archive.org/details/in.ernet.dli.2015.40668/page/n5/mode/2up>

#### Book Chapter

Birch, Jason (2018). Proliferation of Asana-s in Late-Medieval Yoga Texts. In Baier, Karl, Maas, Philipp A. & Preisendanz, Karin (Editor). *Yoga in Transformation* (p. 101-180) Vienna: Vienna University <https://doi.org/10.14220/9783737008624.101>

Maas, A. Philipp (2018). Sthirasukam Asanam: Posture and Performance in Classical Yoga and Beyond. In Baier, Karl, Maas, Philipp A. & Preisendanz, Karin (Editor). *Yoga in*

*Transformation* (p. 49-100) Vienna: Vienna University Press  
<https://doi.org/10.14220/9783737008624.49>

### **Articles**

Birch, Jason (2014). Rajayoga: The Reincarnations of the King of All Yogas. *International Journal of Hindu Studies*, 17 (3), p. 401-444.

Birch, Jason and Hargreaves, Jacqueline (2015). Yoganidra: An Understanding of the History and the Context. *The Luminescent*.  
<http://theluminescent.blogspot.co.uk/2015/01/yoganidra.html>

Mallinson, James (2011). Hatha Yoga. *Brill's Encyclopedia of Hinduism*, 3. 770-781.

### **Misc.**

Därtill kommer annan litteratur (ca. 100 sidor) i samråd med kursledare.

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Approved by the Faculty Board of Arts and Social Sciences 05/03/2021