



Faculty of Arts and Social Sciences
Religious Studies and Theology

Course Reading

Modern yoga: religion, body and health

Valid from 01/18/2021

Course Code: REGYOG

Course Title: Modern yoga: religion, body and health

Credits: 7.5 ETCS cr

Degree Level: Undergraduate level

Books

De Michelis, Elizabeth. (2004). *A history of modern yoga: Patañjali and Western esotericism*. London: Continuum

Fields, Gregory P. (2001). *Religious therapeutics: Body and health in Yoga, Ayurveda, and Tantra*. Albany: State University of New York Press. In: introduktion och kapitel 1 (s. 1-35)

Foxen, P. Anya (2020). *Inhaling Spirit: Harmonialism, Orientalism and The Western Roots of Modern Yoga*. New York: Oxford University Press

Singleton, Mark (2010). *Yoga body: The origins of modern posture practice*. Oxford: Oxford University Press

Singleton, Mark, Byrne, Jean (2008). *Yoga in the modern world: Contemporary perspectives*. London: Routledge

Book Chapter

Alter, Joseph S. (2018). Yoga, Nature Cure and "Perfect" Health: The Purity of the Fluid Body in an Impure World. In Baier, Karl, Maas, Philipp A. & Preisendanz, Karin (Editor). *Yoga in Transformation* (p. 439-462) Vienna: Vienna University Press
<https://doi.org/10.14220/9783737008624.439>

Amaladass, Anand (2018). Christian Responses to Yoga in the Second Half of the Twentieth Century. In Baier, Karl, Maas, Philipp A. & Preisendanz, Karin (Editor). *Yoga in Transformation* (p. 485-504) Vienna: Vienna University Press <https://doi.org/10.14220/9783737008624.485>

Borup, Jørn (2017). Pizza, Curry, Skyr and Whirlpool Effects: Religious Circulations between East and West. In Borup, Jørn & Fibiger, Marianne Qvortrup (Editor). *Eastspirit: Transnational Spirituality and Religious Circulation in East and West* (p. 13-35) Leiden: Brill
<https://www.researchgate.net/publication/339472190>

Jacobsen, Knut A. (2015). Hinduism and globalization: gurus, yoga and migration in northern Europe. In Salemink, Oscar & Turner, Bryan S. (Editor). *Routledge Handbook of Religions in Asia* (p. 359-372) Oxon: Routledge

Åkerbäck, Peter (2018). Tantriska festivaler och parövningar. In Enstedt, Daniel & Plank, Katarina (Editor). *Levd religion: Det heliga i vardagen* (p. 297-312) Lund: Nordic Academic Press

Articles

Newcombe, Suzanne (2005). Spirituality and "Mystical Religion" in Contemporary Society: A Case Study of British Practitioners of the Iyengar Method of Yoga. *Journal of Contemporary Religion*, 20 (3), p. 305-322. DOI: 10.1080/13537900500249806

Park, Crystal L., Braun, Tosca & Siegel, Tamar (2015). Who practices yoga? A systematic review of demographic, health-related, and psychosocial factors associated with yoga practice. *Journal of Behavioral Medicine*, 38 (3), p. 460-471. DOI: 10.1007/s10865-015-9618-5

Web resources

Modern Yoga Research. <http://www.modernyogaresearch.org/>

Approved by the Faculty Board of Arts and Social Sciences 11/20/2020