

Hindu Students Council presents:
“HINDUISM AND YOGA”

A Lecture by Prof. Andrew J. Nicholson, Stony Brook University
at 6 pm Wednesday 18th, 2012 in SAC room 311.

Abstract:

Recently, some Hindu groups have criticized the way that yoga is seen in America, and especially the way that the yoga practiced in gyms and YMCAs has gotten away from its religious roots. In this lecture, Professor Nicholson will explore some aspects of yoga's history in order to explain how it is that today most people think of yoga as a kind of physical, rather than spiritual, exercise. How old is yoga, and where did it come from? Is the yoga we practice today a form of Hinduism? Did the Buddhists, Jains, Muslims, and Sikhs in India practice yoga? In order to clarify these issues, professor Nicholson will draw on sources such as the Bhagavad Gita and the Vedas, important texts for Hindus that give us clues about yoga's purposes and its true origins.

Bio:



Andrew J. Nicholson is Assistant Professor of Hinduism and Indian Intellectual History at the State University of New York at Stony Brook, where he has taught since 2006. He holds degrees in Religious Studies (M.A., University of Chicago), Philosophy (M.A., DePaul University), and South Asian Languages and Civilizations (Ph.D., University of Chicago). He has also studied Sanskrit, Hindi, Indian philosophy, and yoga with teachers in India. Professor Nicholson is co-director of the American Academy of Religion's Yoga in Theory and Practice Consultation, an associate of the Columbia University Seminar on South Asia, and a trustee of the American Institute of Indian Studies. He has been the

recipient of Fulbright-Hays, Robert Bosch Stiftung, and University of Chicago Committee on Southern Asia Studies fellowships. Professor Nicholson's new book, an annotated translation of an 8th century Hindu text, "The Song of Lord Siva," will be published by the State University of New York Press in 2013. His previous book, *Unifying Hinduism: Philosophy and Identity in Indian Intellectual History* (New York: Columbia University Press, 2010), received the award for Best First Book in the History of Religions from the American Academy of Religion in 2011.