ARLT 100g | Section 35249R
Arts and Letters: The Living Traditions of Hindu Yoga
Fall 2013
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COURSE DESCRIPTION

Yoga is now practiced globally and has extensive branches in the West. The interpretations and adaptations of yoga in the West are almost exclusively associated with fitness and wellness in the popular imagination. Yet, the history of yoga includes but surpasses wellness. Yoga, with millennia-old roots in the Hindu spiritual ethos, has traditionally been understood to represent major types of paths, each meant to lead the practitioner to enlightenment, and the fulfillment of the human potential defined differently by different yoga traditions. This course will study the living traditions of Hindu yoga, including the paths of knowledge, wisdom, love, and selfless service, and explore the yogic journey through its narrative literature, philosophy, art, music, and contemporary research on yogic states of consciousness.

COURSE MEETINGS

Day and Time: M W 2:00 – 3:20 PM
Location: VKC 252

Final Exam: final research paper due in lieu of final exam in last class on December 4th.

COURSE OBJECTIVES

*To develop skills for critical analysis through deep engagement with works that show the different ways in which yoga has been understood and practiced in Hindu culture through narrative literature, art, philosophy texts, visual music, and film.
*To examine the distinctions between the major paths of the yoga tradition
*To experience, through films, music, field trips, and forms of meditation, the living traditions, practices, and systems of yoga
*To encourage reflection on what it means to take the yogic path
*To foster critical thinking about the tensions now present between the historical Hindu understandings and the contemporary Western conceptions of yoga

REQUIRED TEXTS

PRIMARY LITERATURE

2. Swami Vivekananda, (Dave Deluca ed.) *Pathways to Joy: Vivekananda on the Four Yoga Paths to God* [The most renowned modern yogi on the major yoga paths]
3. Christopher Key Chapple. *Yoga and the Luminous: Patañjali's Spiritual Path to Freedom* [The translation of the *Yoga Sutra* of Patanjali, the systematic text on Yoga]

SECONDARY TEXT


SUGGESTED TEXTS


TEXTUAL SOURCES for REFERENCE ARTICLES for HANDOUTS

2. Sri Ramana Maharshi, and David Godman (ed.). *Be as You Are: The Teachings of Sri Ramana Maharshi*
3. Ian Whicher and David Carpenter, eds. *Yoga: The Indian Tradition*
RECOMMENDED BOOKS FOR RESEARCH PAPERS

1. Swami Muktananda. *The Play of Consciousness*
3. Swami Rama. *Living with the Himalayan Masters: Spiritual Experiences of Swami Rama*
4. Christopher Chapple and Swami Venkatesanananda. *The Concise Yoga Vasistha*
5. Sri Aurobindo. *Integral Yoga: Sri Aurobindo's Teaching & Method of Practice.*
6. Christopher Key Chapple and John Thomas Casey. *Reconciling Yogas: Haribhadra’s Collection of Views on Yoga*

COURSE REQUIREMENTS

1. **Book Review** (10 %): Students will be asked to briefly summarize and analyze a biography of a modern yogi or yogini (female yogi), paying close attention to the cross cultural issues involved and using a critical lens to examine the yogi’s transmission to the West of the resources within the original Yoga tradition/lineage in which the particular yogi/yogini was trained/educated.

2. **Reflection on Readings** (20%). Reflection (critical and constructive thought) on the week’s readings of (1/2 page per reading) to be read in class | this will form the basis of our discussions.

3. **Class Attendance** (10%) Missed classes (unless the cause is a critical reason) will affect student understanding and participation and will impact the grade.

4. **Class Notes** (10%) Class Notes must be emailed | or scanned and sent | or photocopied | and with the instructor within 24 hours | Notes for credit will not be accepted if the student was absent from the class and has copied the class notes of other students.

4. **Hindu Yoga-based Organization or Denomination Research Paper, Mid-Term (15%):** Topic and sources must be first approved by the instructor. Using the recommended reading list, other books, web-based news sources, press releases, and interviews, write a research paper (3-5 pages, 12-pt. font, Times Roman, doubled spaced, with footnotes and an annotated bibliography) on a traditional or modern Hindu yoga denomination (organization). Document the history of the denomination, the founder(s), and the yoga path on which it is based. Examples of such movements/organizations will be discussed in class.

5. **Participation in USC International Conference on Vivekananda (10%):** The USC School of Religion is holding a major international conference on Swami Vivekananda on October 18th-19th (Vivekananda is the Yogi who, in 1893, first introduced to America the traditions of Hindu Yoga that will be the subject matter of this course). The cross-cultural events that followed Vivekananda’s arrival in the USA were important elements of America’s religious and cultural history. The details of student participation in the conference will be explained in class.

6. **Term Paper on one of the Major forms of Hindu Yoga (25%):**

   Topic and sources must be first approved by the instructor.
Write a well-researched paper (7-10 pages, 12-pt. font, Times Roman, doubled spaced, with footnotes and an annotated bibliography) on a major form of yoga studied in class such as raja; bhakti; jñāna, or karma yoga, OR a modern master of yoga.

Choose secondary and foundational texts from the required and suggested readings to show how the modern master teaches an ancient yoga path in a way that is understandable people living in today’s world. You may use either sources that speak from within and outside the tradition, but be aware of, and document the authors’ standpoint.

Your grade for this part will be based on whether and to what extent you have fulfilled the following requirements:

- At least two books from the required and/or recommended lists
- Explanation and description of the type of yoga or historical person/yogi you have chosen to highlight
- Historical and biographical information on the modern master who has taught this form of yoga
- Critical and thoughtful approach to the subject
- Use of references from books, articles, websites, and/or interviews
- Clarity of argumentation and textual evidence

**NOTE:** Your references must include at least two approved books. Do not paste directly from the website and be careful about your source origins. “Research” means you discover new points aside from our class readings and textbooks and that your paper demonstrates thoughtful reflections and research from other sources.

**WEB RESOURCES**

   Vedanta Society of Southern California website: Resources, programs, and information about the Ramakrishna Order.

   Founded by Paramahansa Yogananda in 1920, the Self Realization Fellowship (SRF) is the official organization that carries and disseminates his teachings. The SRF website contains resources, news, events, and information about the society and its founder.

   The website of the International Society for Krishna Consciousness, the largest classical international devotional yoga (bhakti) lineage.

   The Yoga Journal’s efforts to bring a wider philosophical and spiritual vision to yoga teachers.
   Basic information on the life and teachings of the yogi Ramana Maharshi.

   Official website of the Siddha Yoga organization started by Swami Muktananda.

7. http://www.hafsite.org/media/pr/takeyogaback
   Information on Hindu American Foundation’s stance on the origins and meanings of yoga that started the current yoga controversies.

Statement for Students with Disabilities

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30 a.m.–5:00 p.m., Monday through Friday. Website and contact information for DSP: http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html, (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.

Statement on Academic Integrity

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one’s own academic work from misuse by others as well as to avoid using another’s work as one’s own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, (www.usc.edu/scampus or http://scampus.usc.edu) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Emergency Preparedness/Course Continuity in a Crisis

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of Blackboard, teleconferencing, and other technologies.

SEE NEXT PAGE FOR CONFERENCE INFORMATION
UNIVERSITY OF SOUTHERN CALIFORNIA SCHOOL OF RELIGION

INTERNATIONAL CONFERENCE ON SWAMI VIVEKANANDA
ON THE 150TH ANNIVERSARY OF HIS BIRTH

OCTOBER 18TH – 19TH, 2013

THE LIFE, LEGACY, AND CONTEMPORARY RELEVANCE OF VIVEKANANDA

LOCATION: USC Davidson Conference Center | 3415 S. Figueroa St., Los Angeles | CA, 90089 | (213) 740-5959