

Yoga Body: The Origins of Modern Posture Practice

Dr. Mark Singleton

Lecture, presentation and book signing
in recognition of this groundbreaking new work on yoga asana

Friday, February 19th
5:30 - 7:00 pm

Spandarama Yoga Studio

815 Early Street

505 989 1288

In this groundbreaking book, Mark Singleton calls into question many commonly held beliefs about the nature and origins of postural yoga (asana) and suggests a radically new way of understanding the meaning of yoga as it is practiced by millions of people across the world today.

Singleton's surprising—and surely controversial—thesis is that yoga as it is popularly practiced today owes a greater debt to modern Indian nationalism and, even more surprisingly, to the spiritual aspirations of European bodybuilding and early 20th-century women's gymnastic movements of Europe and America, than it does to any ancient Indian yoga tradition. This discovery enables Singleton to explain, as no one has done before, how the most prevalent forms of postural yoga, like Ashtanga, Bikram and "Hatha" yoga, came to be the hugely popular phenomena they are today.

About Dr. Singleton: Mark Singleton researches the history of modern yoga and has published extensively in this area, including the first ever collection of scholarship on the topic (*Yoga in the Modern World*, 2008). He contributed the entries on modern yoga to two major encyclopedias of Hinduism, and has written many articles on the subject, as well as a practical book of yoga for children. He has a Ph.D in Divinity from Cambridge University, UK. He also holds yoga teaching diplomas in the Iyengar and Satyananda schools, and is a long-term practitioner of these systems, and of Ashtanga, Vinyasa yoga and Vipassana meditation. He teaches at St. John's College, Santa Fe, USA.

"Mark Singleton's *Yoga Body: The Origins of Modern Posture Practice* is an outstanding scholarly work which brings so much insight and clarity to the historic and cultural background of modern hatha yoga. I highly recommend this book, especially for all sincere students of yoga."

—**John Friend**, Founder of Anusara Yoga

