

**Lecture Schedule of the Yoga and Tantra Course 2016
Jnanapravaha Mumbai**

* Lecture duration 2 hours

** Note: 2 additional lectures (6pm – 8pm) open to all students of JPM enrolled for the academic year 2016-2017

Week 1:

Wednesday, August 10th: Lecture 1

Origins and Development of the term 'yoga' – Classical Yoga (Samkhya and Yoga darshanas and Patanjali's yoga sutras)

Thursday, August 11th: Lecture 2

Yoga and Samkhya in the Bhagavad Gita

Week 2:

Tuesday, August 16th: Lecture 3

Yoga and Buddhism: Early Buddhist thought and its connection to Patanjali's yoga sutras

Wednesday, August 17th: Lecture 4

Yoga in Buddhism: Buddhist theory of meditation across different schools

Week 3:

Wednesday, August 24th: Lecture 5

Understanding Esoteric Buddhism and its practices in the Indo-Tibetan sphere – Vajrayana deities – Mandala Initiations

Thursday, August 25th: Lecture 6

Haribhadra and Jain Yoga – Hemacandra and Jain Tantra: Cosmology and Tantric Patas



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Week 4

Tuesday, August 30th: Lecture 7

The Body in Buddhist and Jaina Art

Wednesday, August 31st: Lecture 8

The Temple as Human Body – The Temple as Cosmos – The Yogic Body and the Tantric Body in Indian Art

Week 5

Tuesday, September 6th: Lecture 9

Constituents of Tantra and Agama

(public lecture-series): Tantric Shakta Traditions and the Theology of Feminine Power

Wednesday, September 7th: Lecture 10

The Spread and Multiple Perceptions of Tantra: An Overview

Thursday, September 8th: Lecture 11

The Tradition of Goddess Tripurasundari in Kashmir

Friday, September 9th: Lecture 12

The Shakta Tradition of Bengal with special reference to Goddess Kali and the cult of “Dashamahavidyas”

Week 6

Friday, September 16th: Lecture 14

Lal Ded: Her Poetry and Its Background in Kashmir Saivism

Week 7

Wednesday, September 21st: Lecture 15

Ramanuja – Vaikuntha Perumal Temple – Antal’s Poetry

Thursday, September 22nd: Lecture 16

The Medieval Bhakti and Tantric Traditions – Vaishnava devotional texts: Bhagavata Purana and Gita Govind

Week 8: (*public lecture-series*): Yoginis in South Asia

Wednesday, September 28th: Lecture 17

Yoginis and Their Temples: Categories, History, Mythology, Iconography

Thursday, September 29th: Lecture 18

Yoginis, Past and Present: Transformations, Interpretations, Practices

Week 9

Wednesday, October 5th: Lecture 19

Popular Currents and Syncretism – Sufism, Islam and Yoga

Week 10 (*public lecture-series*): Yoga and Yogis: the History of Haṭha Yoga in India

Wednesday, October 12th: Lecture 20

Haṭha Yoga – A historical overview

Thursday, October 13th: Lecture 21

Haṭha Yoga's methods: āsana, prāṇāyāma and mudrā

Friday, October 14th: Lecture 22

Haṭha Yoga's practitioners, with a focus on their representation in material sources

Saturday, October 15th: Lecture 23

An overview of the Haṭha Yoga Project and a roundup of its preliminary findings



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Week 11

Wednesday, 19th October: Lecture 24

Sw. Vivekananda: 'The first teacher of Yoga in the West' – Modern globalised yoga –
Yoga, Health and Physical Culture

Thursday, 20th October: Lecture 25

Yoga in Practice– 'Iyengar Yogabhyasa' and the tradition of Iyengar Yoga

Week 12

Wednesday, 26th October: Lecture 26

Yoga in Practice – The Yogendra Family and 'Householder Yoga'

Thursday, 27th October: Lecture 27

Open – Working Session – Bringing it all together

****Note:**

Thursday, 22nd September

Nagarjuna and Buddhist Philosophic Traditions - I

Friday, 23rd September

Nagarjuna and Buddhist Philosophic Traditions - II