

British Wheel of Yoga Philosophy Module
Diverse Perspectives on the Philosophy of Yoga
A One-Day 'Taster' Workshop with Dr. Peter Connolly

There are a number of different ways of approaching the study of Yoga philosophy. This can impact quite profoundly on our understanding of it and what benefits we might derive from the approaches we adopt as a result. We make a lot of assumptions about Yoga and in the absence of insight we attribute our own meaning to what we do and why. This one-day workshop is an opportunity to explore and discuss the subjective experience of Yoga and the philosophical approaches and skills that we adopt. It will be appeal greatly to all Teachers, Teacher Trainers and Reflective Practitioners of Yoga who are looking to develop and deepen their understanding of the profound philosophical texts that underpin the practices. Participants will be introduced to skills and perspectives that will enhance their discriminative thinking when teaching, discussing controversies in the world of yoga or referring to passages from the texts.

MORNING:

1. Introductory *Lecture* on the concept of *phenomenological mapping* which is the examination of subjective experience in Yoga. The *Dharma – Mokṣa* dynamic will be explored and considered.
2. There will be a *Film + Discussion* of how a phenomenological or subjective perspective influences the kinds of conclusions we tend to draw.

AFTERNOON:

1. *Lecture* on how philosophical arguments are used to persuade people to accept a point of view.
2. Applying philosophical analysis to well known textual material on Yoga.

(Textual material will be supplied by the tutor)

Date: 18th March, 2017. **Venue:** Yoga Junction, London. **Cost:** £75.00

To book a place follow the links on the Yoga Junction website:

<http://www.yogajunction.co.uk/>

Peter Connolly holds BA (1st class hons.), MA and PhD degrees in Comparative Religion and Philosophy from the University of Lancaster and a BSc in Psychology from the Open University. He has taught Indian religion and philosophy on BA and MA courses for over 30 years and has worked with various yoga organisations throughout that time. He is interested in how people go about constructing histories of yoga and the methods they use for making sense of yoga texts. He is also fascinated by all forms of altered states of consciousness and has trained in both Neuro-Linguistic Programming (NLP) and hypnosis, both of which offer interesting perspectives on the psychology of yoga. A revised edition of his popular book *A Student's Guide to the History and Philosophy of Yoga* was reissued in 2014. His classes are well known for their clarity of exposition and informal style. Some students have suggested that he be cloned so that he can teach more courses.

Dr. Peter Connolly

