

The Religious Studies Department and the Religious Studies Interfaith Fund present

Dr. Ian Whicher

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# *The Essense of Classical Yoga Philosophy: Revisioning Patañjali's Yoga-Sūtra*



While Yoga today is primarily associated with a physical culture for which it is well known, the meaning and value of Yoga lies in its deeper dimension, in the domain of mind, consciousness, and self-transformation leading to spiritual liberation or freedom. Yoga as classically formulated in Patañjali's Yoga-Sūtra has too often been misconstrued as leading to a freedom from the world, emphasizing renunciation, asceticism, disengagement, and transcendence of the body, mind and world. Yet, from another perspective, we will explore how Yoga can culminate in a balanced integration of the spiritual, psychological, ethical and material dimensions of life that incorporate a clarity of awareness with the integrity of being and action.

**Monday, February 25, 2019**

**D-632**

**4:30 – 5:45 p.m.**

Ian Whicher (Ph.D. University of Cambridge) is a Professor in the Department of Religion at the University of Manitoba. A long-time practitioner of meditation, he specializes in the Yoga tradition and is the author of scholarly books and numerous articles including, *The Integrity of the Yoga Darśana* (State University of New York Press) and *Essays on the Yoga-Sutra: Engaging the World in Freedom* (in press, 2019). He has given numerous public talks around the world and is writing a book on the deeper dimension of Yoga for a broad readership. Dr Whicher is currently on a sabbatical leave in Toronto.

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