

INTRODUCTION TO THE PHILOSOPHICAL TRADITION OF YOGA

COURSE OUTLINE,
FOUR 2 HOUR SESSIONS
INSTRUCTION: KATE VOGT

SESSION 1

COURSE OVERVIEW

- Recommended Text: *The Yoga Tradition: Its History, Literature, Philosophy, and Practice* (Georg Feuerstein, Ph.D.)
- Reading List
- Student Journal and Optional Questionnaire

LINEAGE

- Term Yoga: *Samâdhi* (ecstasy)
- Philosophical
- Branches of Yoga
- Literature: *Vedas, early Upanishads, Bhagavad-Gîtâ, Yoga-Sûtra of Patanjali, later Upanishads, Tantras, and Goraksha-Paddhati*

ANCIENT TIMES (approximately 4,500 – 2,000 B.C.E.)

- Indus-Sarasvatî Civilization
- *Rig-Veda* and *Artha-Veda*
- *Rishis* (seers) and *Vrâtyas*
- Themes: Concentration, Contemplation, Desire, Ego Surrender, Heart, Incarnations, Life Force/Breath, Liberation/Freedom, Light, Love, Meditation, Nature of Mind, Nectar of Immortality, Psychic Powers, Recitation, Renunciation, Ritual, Self-Understanding, Sound of *Om*, Sun as Symbol for Supreme Reality, Teacher, and View of Cosmos

SESSION 2

UPANISHADIC AGE (approximately 2,000 - 300 B.C.E.)

- The *Brâhmanas, Upanishads (Brihad-Âranyaka, Chândogya, Taittrîya, Katha, and Svetâshvatara)*
- Sages
- Added Themes: Consciousness, Cycle of Life, Grace, Human Body, Nonharming, Sheaths, Symbolism of the Chariot, Signs of a Successful Practice, Truthfulness, Warrior, Wisdom, Yoga of Action (*Kriya-Yoga*)

EPIC AGE (600 – 100 B.C.E.)

- *Râmâyana, Mahâbhârata* which includes *Bhagavad-Gîtâ, Moksha-Dharma, and Maitrâyanîya- and Epic Upandishads*

- Integration of Earlier Themes
- Added Themes: Action, Constituents of Nature, Illusion, Levels of Meditation, Moral Disciplines, Six-Fold Path, Posture, and other Contemporary Teachings (Buddhism and Jainism)

SESSION 3

EPIC AGE CONTINUED

CLASSICAL AGE (approximately 200 C.E.)

- *Yoga-Sûtra*
- Patanjali
- Integration of Earlier Themes
- Added Themes: Causes of Affliction, Dualism, Eight-Fold Path, Fluctuations of the Mind, Re-conditioning and de-conditioning, States of Ecstasy, and Time

SESSION 4

TANTRA-YOGA AND HATHA-YOGA (approximately 1,000 – 1,500 C.E.)

- *Kula-Arnava-Tantra, Hatha-Yoga-Pradîpikâ, Goraksha-Paddhati, Yoga-Bija, and Gheranda-Samhitâ*
- Goraksha and Matsyendra
- Added Themes: Bodily Immortality, Chakras, Geometric Meditation Devices, Goddess Worship Revival, Locks, Purification, Subtle Body, Serpent Power, Symbolic Gestures, Other Teachings (Shaivism, Vedanta, Sikhism, and later *Upanishads*)

YOGA-CISE (1970 – today)