



University  
of Victoria

Centre for Studies in  
Religion and Society

# SCHOLARS IN THE SQUARE



Paul Bramadat

## Yoga: Punch-line, Panacea, or Problem?

Yoga has become an integral part of western societies. It shows up in fitness clubs, social media, public schools, religious communities, hospitals, wellness retreats, university classes, and news stories. While it is often identified with the most superficial and narcissistic aspects of our society, for some it is a complex spiritual practice. The popularity of certain kinds of physical yoga tells us quite a lot about large shifts occurring in our religious, spiritual, and secular contexts. Using findings from a recent research project on yoga in North America, in this talk I reflect on the ways yoga practitioners respond to political questions and frame yoga as a response to trauma.

**Paul Bramadat** is professor of History and director of the Centre for Studies in Religion and Society at UVic. His current research focuses on postural yoga in Canada and the United States.

21 September  
5:00–6:00pm

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