



What is Spiritual in Yoga?



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SCHOLARS
— IN THE SQUARE —

Thursday 8 October
5:00pm-6:00pm
MAC D282



Among the many contradictions in current interpretations of yoga, the discrepancy between its physical and spiritual aspects is one of the most apparent. How is a “physical” practice related to the spiritual goal of yoga? The lecture will address these questions at the philosophical and practical levels, based on the classical Yoga texts, as well as their implications for subsequent contemplative yoga practice.

Martin Dojčár is a Professor of Religious Studies at Trnava University in Slovakia, and the editor-in-chief of the research journal *Spirituality Studies*. He is also the CEO of the publishing house, the Society for Spirituality Studies. His research interests include comparative mysticism, yoga, and interfaith dialogue. Martin shares his lifelong practice of contemplation and yoga with the public at <https://www.martindojar.com/en/>.