



Yoga is an ancient and comprehensive form of spiritual self-discovery. The word “yoga” means “to join”, “to unite”. Yoga exercises may have a holistic effect and may bring body, mind, conscious, and soul into balance.

However, yoga is far from simply being physical exercise. It is an aid to establishing a new perception of what is real, what is necessary and how to become established in a way of life.

Yoga is a thoroughly globalised phenomenon. It has taken the world by storm and is gaining popularity day by day. De Michelis agrees when she says, “Modern yoga has emerged as a transnational global phenomenon during the course of the twentieth century and from about 1975 onwards it has progressively acculturated in many different developed or developing societies and milieus worldwide” (2007:1).

In 2015, the United Nations General Assembly (UNGA) unanimously declared 21 June as International Day of Yoga. Since its inception, Yoga day has been attended by hundreds of people from all walks of life at Durban’s beachfront in South Africa.

The practice of yoga raises some interesting questions about how to think about yoga and how to develop a critical yet empathetic approach to yoga. We would like to work with teachers, government officials, and research groups both locally and internationally to think about yoga in society in general. We would like to create a forum where people from all walks of life share their experience and insight on yoga and its place in society.

A symposium is being organised in which we want to generate discussion and debate on (among other things):

- Critical approaches of Yoga as religion or not
- Yoga practice and its impact as an individual
- Yoga practice and its impact in Society

The symposium programme is as follows:

|                           |                 |
|---------------------------|-----------------|
| Welcome                   | 9:30 – 9:45     |
| YOGA ... Peek ... - a-boo | 9:45 – 10:15    |
| Discussion                | 10:15 – 10:45   |
| Yoga in the garden        | 10:45 – 11:30   |
| Finger lunch              | 11:30 – 12 noon |

Attendance is restricted to the first 100 that register by Monday, 22 October 2018. There is no fee attached to the symposium. Attendance is free. All attendees are requested to carry a yoga mat and to wear clothing suitable for Yoga. Details of the symposium:

|        |   |
|--------|---|
| DAY:   | Saturday  |
| DATE:  | 27 October 2018   |
| TIME:  | 9:30 am – 12 noon   |
| VENUE: | New Lecture Theatre 1<br>School of Education<br>Edgewood<br>Pinetown<br>University of KwaZulu-Natal |