

YOGA-RELATED LECTURES BY PROF DAVID GORDON WHITE

<https://www.yogaanytime.com/instructor-bio/85/David-Gordon-White-Yoga-Teacher>

Now that I've retired from my position at the University of California, Santa Barbara, I am posting this link to a series of six lectures that were videotaped three years ago by a private on-line yoga organization. The production quality is very high, and the four lectures, complemented by rich iconography, are visually arresting condensations of my four books on yoga, alchemy and tantra. Because they were produced with a non-specialist audience in mind, they are, I believe, ideal for undergraduate teaching on these three broad topics. Full disclosure: this website (YogaAnytime) offers a free 15-day trial period, after which users are required to take out a paid subscription.

The four lectures are grouped under the broad heading of "Histories of Yoga." They are titled:

Yoga is War

Yoga, Ayurveda and Alchemy

Inner Landscapes of the Yogic Body

Tantric Goddesses and Jackals

There are also two short introductory lectures titled "Welcome to the Histories of Yoga" and "How Yoga and I Traveled Here"