

America the Yogiful: Insights Into American Yoga Culture Today.



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America the Yogiful: Insights Into Yoga Culture Today

[Carolina Castaneda](#)

Date of Award

Spring 2014

Thesis Type

Open Access

Degree Name

Master of Liberal Studies

Advisor(s)

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Abstract

Originally a spiritual technology, yoga has been practiced in surrounding areas for thousands of years. In the late nineteenth century, the practice of yoga gained popularity as a physical, mental and spiritual discipline among the masses in America and the world. Yoga is now a fitness routine, part of the everyday lives of men and women, and a means of stretching and mental sanity. In today's fast paced world, yoga is appealing to the masses, however, as a yoga practitioner wondered if Americans are gaining all the benefits of the practice by sacrificing its spiritual benefits for the sake of fitness? Co-authored by Carolina Castaneda, this thesis studies, yogi literature and a review of yoga activities, I ex

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Castaneda, Carolina, "America the Yogiful: Insights Into Ame
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