YOGA AND CULTURAL APPROPRIATENESS

A Dharmic Guide to Yoga and Cultural Appreciation & Appropriateness and Cultural Misappropriation, Denial & Misuse

CULTURAL APPROPRIATENESS, APPRECIATION & RESPECT

CULTURAL MISAPPROPRIATION, DENIAL & MISUSE

FULL CONVERSATION AVAILABLE ON THE YOUTUBE CHANNEL
WWW.YOUTUBE.COM/C/YOGACHARYADRANANDABHAVANANI
USEFUL TERMINOLOGY & DEFINITIONS

Dharma:
The principles of Sanatana Dharma. Righteousness. Right-use-ness. I.e: Right thought, right speech, right action.

Cultural Appreciation:
Sincere participation in Indian culture and Sanatana Dharma with humility, love, adoration, respect and genuine understanding.

Culturally Appropriate Yoga:
Culturally appropriate means yoga within a wholistic cultural context of a living sampradaya. It means integrity, fidelity and commitment to yoga, living yoga with humility, love and respect for the culture.

“When you take Yoga of the culture, You have the body but not the soul. Let’s change the way people debate this.”
~ Dr. Ananda Balayogi Bhavanani

Culturally Misappropriated Yoga:
Cultural misappropriation of yoga is mis-use, mis-representation and mis-understanding of yoga that mis-leads others.

Eg. Misappropriation by those who misunderstand yoga misleads others. It removes yoga from the genuine culture and acts against Sanatana Dharma.

Denial: Assuming authority to deconstruct then reconstruct a sterile yoga with new names, meanings and theories that are devoid of cultural elements.

Misrepresentation: Assuming authority to selectively uplift cultural elements, to redefine, reconfigure, reconstitute, repurpose or rebrand yoga.

FULL CONVERSATION AVAILABLE ON THE YOUTUBE CHANNEL
WWW.YOUTUBE.COM/C/YOGACHARYADRANANDABHAVANANI