

# The Leicester Friends of the OCHS presents

## Yoga and Hinduism

**Dr Nick Sutton** Ph.d., B.A. (Hons) **of the Oxford Centre For Hindu Studies**

Today many millions of people in the Western world and in India practice some form of Yoga. It is well known that Yoga originates in India but the relationship with Hindu religious teachings is frequently misunderstood. In this talk Nick Sutton will consider the relationship between Yoga and Hindu teachings and show how Yoga should properly be understood as an expression of Hindu spirituality.

The Oxford Centre for Hindu Studies is an institute for the study of Hindu culture, religion, languages, literature, philosophy, history, arts, and society, in all periods and parts of the world.



**Saturday 24th September 2011**

**Jalaram Community Centre,  
Narborough Road,  
Leicester LE3 0LF**

**7.00pm to 9.00pm  
followed by refreshments**

**Email: [lf@ochs.org.uk](mailto:lf@ochs.org.uk)**

**Web: [www.ochs.org.uk](http://www.ochs.org.uk)**

**A donation of £3 is requested on admission**



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