

Contents

<i>List of Figures</i>	<i>x</i>
<i>Preface</i>	<i>xiii</i>
<i>Acknowledgements</i>	<i>xvi</i>
<i>Note on Transliteration and Names</i>	<i>xix</i>
Introduction. Engaged Alchemies: New Approaches to the Study of Contemporary Yoga	1
1 Patanjali and Arjuna meet American Countercuisine: Yogic Diet and Selfless Service at Gurani Anjali's Yoga Anand Ashram, Long Island	28
2 Yogananda's Sacred Music in Paradise: Ukuleles and the Unstruck Sound at Polestar Gardens, Hawaii	77
3 Internalizing the Sacrifice in a Sacrifice Zone: Situating Purifying Prāṇāyāma in Pollution at Kaivalyadhama Yoga Institute, Lonavala	118
Conclusion: Future Directions for the Study of Yoga	152
<i>Index</i>	<i>159</i>