

Zoë Slatoff

Clinical Professor of Yoga Studies and Sanskrit at Loyola Marymount University

Los Angeles, CA, US

Bellarmino College of Liberal Arts

Biography

Zoë teaches Sanskrit and Yoga Philosophy in the Yoga Studies M.A. program at Loyola Marymount University in Los Angeles, as well as online courses for the Oxford Centre for Hindu Studies. She has a PhD in Religion and Philosophy from Lancaster University and an MA in Asian Languages and Culture from Columbia University. Zoë is the author of *Yogavataram*, a Sanskrit textbook for yoga students, which uses extracts from classical yoga texts to integrate traditional and academic methods of learning the language. Zoë is also the Sanskrit editor for Pushpam, and has done Sanskrit editing for Nṛmarpa and Robert Svoboda's book *Vṛstu*. Zoë also taught for many years at her yoga shala in NYC, Ashtanga Yoga Upper West Side. She discovered yoga at the age of 15 and has been devoted to a daily practice ever since. She first traveled to Mysore in 2000 to study with Pattabhi Jois and Sharath and has returned almost annually. She is honored to have received Gururji's blessing to teach in 2002, and level 2 Authorization in 2009. Her PhD centers around a translation of the *Aparokṣanubhūti*, an Advaita Vedānta text attributed to Śrī Ākarṣya, which is particularly relevant to yoga practitioners. It explains how we get caught up in illusions about our bodies and the world and how we could instead use practice to help us discover and be more connected to our essential nature.

Areas of Expertise

Yoga Studies, Ashtanga Yoga, Sanskrit, Religion and Philosophy

Event Appearances

Through the Looking-glass of Commentaries on the *Aparokṣanubhūti*: Changing Definitions of *Haṭha* and *Rāja* Yoga and their Relationship to Advaita Vedānta?

World Sanskrit Conference

Yoga and Advaita Vedānta in the *Aparokṣanubhūti*?

World Sanskrit Conference

Panelist, Scholar-Practitioner

AAR Conference

Education

Lancaster University
Ph.D. Religious Studies

Columbia University
M.A. MEALAC (Middle East and Asian Languages and Cultures)

Columbia University
B.A. MEALAC (Middle East and Asian Languages and Cultures)

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