

Different Perspectives on the Yogic Body: Kundalini's Thousand Guises



A workshop by
Dr. hab. Bernd-Christian Otto
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and
Dr. Monika Hirmer
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In this workshop, Monika and Bernd introduce into different aspects of Kundalini yoga from their respective perspectives: Monika provides insights into Goddess worship as it is practiced among the tantric practitioners whom she lived with as a researcher initiated into the tradition during her fieldwork in South India, while Bernd provides glimpses into his daily yogic practice in the lineage of Direndra Brahmachari and two disciples - Reinhard Gammenthaler and Yogi Bhajan - who developed and taught two very different styles of kundalini yoga.

The workshop is both theoretical and practical.

Please wear something comfortable and bring a yoga mat if you have one!



Tantric Figure. Wellcome Collection.
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Date:
Tuesday - 2 December, 2025



Time:
3:15 – 4:45pm CET

**Location: Small Seminar room,
Hartmannstr. 14, Building D1, Erlangen**

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Alternative Rationalities and
Esoteric Practices from a Global Perspective



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