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OF YOGA

YOGA SUMMIT 2025
Yoga in the Age of Overload

Dr Suzanne Newcombe is a Senior Lecturer in Religious Studies at the Open University (UK), where she researches modern yoga from a sociological and social historical perspective.

She is also the Director of Inform, a registered charity that researches and provides information on new and minority religions and spiritualities using social scientific methodology which is based in Theology and Religious Studies at King's College London.

Her interest lies in the intersections of religion, health and healing, and in how we can better understand and navigate beliefs and practices that may be in tension with wider society.



Dr Suzanne Newcombe

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She studied at Amherst College and SOAS, University of London, before completing her PhD from Cambridge University on the popularisation of yoga and ayurvedic medicine in Britain.

She is the author of *Yoga in Britain: Stretching Spirituality and Educating Yogis* (2019), which examines the development and popularisation of yoga as exercise in post-war Britain. She also co-edited the *Routledge Handbook of Yoga and Meditation Studies* (2021) with Karen O'Brien-Kop.