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OF YOGA

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Yoga in the Age of Overload

Ulrich Pagel is the Seiyu Kiriyaama Professor of Buddhist Studies and Chair of the Centre of Yoga Studies at SOAS University of London. He served as Head of the School of History, Religions and Philosophies from 2018–2022.

Since 2012, Ulrich Pagel has convened the MA Traditions of Yoga and Meditation at SOAS, both leading the programme and contributing extensively to its teaching delivery.

In 2022, he established international partnerships between SOAS and a number of Chinese yoga institutions to develop the innovative Yoga and Meditation Education Certificate, which is taught online and offered in Chinese. He also teaches Classical Tibetan at the SOAS Language Centre.



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Ulrich Pagel previously worked as Assistant Professor (Tibetan Language and Literature) at the University of Washington (Seattle) (1997–1999) and the British Library (Curator of the Tibetan Collections, 1993–1997).

He also served two terms as General Secretary of the International Association of Buddhist Studies (2011 to 2019) and lead the Bulletin of the School of Oriental and African Studies as Editor-in-Chief (2010 to 2016).