



American Veda: How Indian Spirituality Changed the West

Lecture by Philip Goldberg

From Thoreau's *Walden* and the *Autobiography of a Yogi* to The Beatles and today's flourishing yoga scene, Philip Goldberg will illuminate how India's Vedic heritage has transformed American minds and bodies.

Monday, February 25, 2013

Anatol Center, AS-110

5:00PM—7:00PM

Book signing after lecture.

For more information, please contact
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American Studies

AMERICAN
veda



From the Beatles to Yoga and Meditation
How Indian Spirituality
Changed the West

Philip Goldberg
by Huston Smith

Philip Goldberg has been studying India's spiritual traditions for more than forty years, as both a practitioner and an author. He is the author or coauthor of nineteen books, including his recent *American Veda: From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West*, which was named one of the top ten religion books of the year by both *Huffington Post* and American Library Association's *Booklist*. Philip blogs regularly for the *Huffington Post*, and lectures and conducts workshops for the Yoga Studies Program at Loyola Marymount University.