

**FARAH GODREJ**

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FREEDOM INSIDE? YOGA AND MEDIATION IN THE CARCERAL STATE

Prof. Farah Godrej will give a talk on her award-winning book, *Freedom Inside? Yoga and Meditation in the Carceral State* (Oxford UP, 2022). Yoga and meditation programs in prisons no doubt offer crucial respite and healing, but what sorts of political effects do they have? In her recent book, Godrej argues that while these practices could unwittingly exacerbate forms of inequity and injustice, they also serve as resources for challenging such injustice. Godrej will describe the multiple forms of interpretive fieldwork on which the book's arguments are based, including interviews, participant-observation, ethnography, and collaboration/co-authorship with research participants, examining both the promises and pitfalls of yoga and meditation when taught inside prisons.

TIME

**Monday, Nov. 6, 2023
12:00PM-1:20PM**

LOCATION

SSC 216

ZOOM DETAILS

**Meeting ID: 941 9874 2577
Passcode: 677795**