

Reading group questions that you might like to debate

Why do you think the West has become so obsessed with yoga? What purposes does it serve?

Is it right that yoga should adapt and evolve to meet the needs of its modern day practitioners or should the ancient traditions be preserved completely in tact? Is it OK that for many Westerners yoga is a purely physical practice?

What long term impact do you think the Western interest in yoga will have on its practice in India?

Are Indian yoga schools right to charge Western prices to Western students? Why?

What do you think of the celebrity status of some of India's leading yoga gurus? Is this their rightful position or do you find it to be the antithesis of yogic teaching?

The book describes lots of different approaches to yoga. Why are there so many? Is this diversity a good thing – a case of many paths but one destination – or is there just one 'right' way?

Lucy travelled all over the country in search of mystic Indians and Tantric bliss. Where would you most like to go in India, and why? Are there places she should have gone but didn't? What might she have learnt?

Who was your favourite guru, and why? Who did you like least? Why?

Do you think that Lucy was a bad yoga student? Was she too hard on herself, or not hard enough?

Do you think that the quest for enlightenment requires us to retreat from real life – to disappear off up the mountain in orange robes - or can it be obtained at the kitchen sink, scrubbing potatoes or doing the washing up?

Have you ever given up a job to follow a dream? If not, what is holding you back? If you did, what did you get out of it? Did your experience change your life? In what ways? Why do you think sabbaticals and career breaks are so popular these days?