Contemplative Hinduism

An experiential and philosophical introduction to the scriptures and spiritual practices of Hindu traditions with emphasis on the Vedas, early Tantra, and the Yoga Sutras of Patanjali. A portion of each class is devoted to practice: meditation; pranayama; mantra; and ritual. Offered alternate years. Cross-listed as REL330.

Course Number: REL530
Unit: 3.0
Program: Religious Studies