Yoga Meditation Practicum

Meditation, though often neglected in modern-day yoga, has long been the central practice in yoga traditions. Asana, pranayama, and concentration are stepping stones, which provide a foundation from which meditation can effortlessly emerge. We embark on a journey into the meditative traditions and practices of yoga, drawn from both classical yoga and Tantra. This includes the study and practice of concentration techniques (dharana), formless meditation (dhyana), self-inquiry (atma vichara), dream and sleep yoga (yoga nidra), and the philosophical premises behind these practices. Cross-listed as TRA512. Open to juniors and seniors.

Course Number: TRA463
Unit: 3.0
Program: Traditional Eastern Arts