Yoga III: Integral Practice

This class integrates the breadth of yoga practice. In addition to deepening the practice of asana, students learn advanced breathing practices (pranayama), bandhas and mudras (gestures that direct the current of life-force), concentration practices (dharana), yogic methods of physical purification, meditation (dhyana), internal and vocal sound (mantra), and more of yoga’s rich literature and philosophy. A regular home practice is required. Prerequisite: TRA235. Cross-listed as TRA555.

Course Number: TRA333
Unit: 3.0
Program: Traditional Eastern Arts