

Yoga I

An introduction to the vast tradition of yoga. Students gain both an understanding of yoga in its historical and philosophical context and an experience of its methods, which constitute an in-depth exploration of breath, movement, and consciousness. Students engage with the practices of asana (postures designed to generate sensate awareness, alignment, strength and ease), pranayama (breath awareness and control), dharana, and dhyana (meditation practices). Cross-listed as TRA133.

Course Number: TRA515

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art