

## Yoga III: Synthesis

This course integrates the breadth of yoga practice. In addition to deepening the practice of asana, students study 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), Ayurveda, and more of yoga's rich literature and philosophy. Cross-listed as TRA333.

Course Number: TRA555

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art