

## Yoga IV: Yoga Teacher Training

This course continues the study of an integral Yoga practice, which combines asana, pranayama, concentration, and meditation. In addition, this class serves as an introduction to Yoga Teacher Training, intended to complement and conjoin Yoga V. Students continue their study of anatomy, Yoga Therapy, alignment, Yoga philosophy as well as the fundamentals of designating a Yoga practice according to an individual's physical and psychological constitution. Cross-listed as TRA433.

Course Number: TRA561

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art