



# YOGA: ETHICS, SPIRITUALITY, & HEALING

**CSPH 5317**

**2 Credits | Fall**



**Online**

**Instructor:  
Katie Schuver**

This course will introduce you to ethics, spirituality, and healing from the perspective of Yoga, an ancient Indian discipline. You will examine the claim that systematic Yoga practice leads to optimal health. Using critical thinking, you will evaluate philosophical knowledge, scientific evidence, and practical application, and propose research-based programs for integrating Yoga into personal and professional life

Visit [z.umn.edu/CSPH5201](https://z.umn.edu/CSPH5201) for more information.