Yoga and Ayurveda are interrelated, ancient, holistic Indian traditions that integrate ethics, spirituality, and healing. While studying with expert practitioners at the University of Minnesota and in India, students will examine the claim that the systematic practice of these traditions promotes healing and optimal health. Using critical thinking, students will investigate scientific evidence for Yoga and Ayurveda and propose additional research needed. Students will synthesize the philosophical, psychological, and ethical teachings of Yoga and Ayurveda with their experiential knowledge in order to meet the course objectives and their own needs personally and professionally.