CSPH 4312 (3 Credits)

HATHA YOGA: PHILOSOPHY, LIFESTYLE, & ETHICS

In Person | Instructor: Katie Schuver

Prerequisite: CSPH 4311 (may be taken concurrently with CSPH 4312)

COURSE DESCRIPTION

History, tradition, philosophy of Hatha Yoga with emphasis on ethical practice of Hatha Yoga. Study of classical/modern text. Foundational concepts of how to use knowledge to facilitate strong Yoga Asana, Pranayama, meditation practice. Second course in sequence of three (3) courses in University of Minnesota Yoga Teachers’ Education & Training Sequence.

This course will introduce students to the history, tradition, and philosophy of Hatha Yoga with an emphasis on the ethical practice of Hatha Yoga. Through study of classical and modern text alike, students will learn foundational concepts of how to use this knowledge to facilitate a strong Yoga Asana, Pranayama, and meditation practice as well as how to apply these principles in everyday life. Additionally, students learn and practice to methods of effectively introducing these principles as a Hatha Yoga teacher.

COURSE OBJECTIVES

At the end of the course, students will be able to:

• Describe and discuss ancient roots of modern Hatha Yoga including Vedas, Upanishads, Bhagavad Gita, Sutras of Patanjali and Hatha Yoga Pradipika
• Define and discuss the 8 Limb Yoga Path, as described in the Yoga Sutras of Patanjali with emphasis on ethical principles and application on/off the mat
• Identify basic principles of Ayurveda and Tibetan Medicine and the energetic interplay of universal elements and associations as related to Hatha Yoga Asana and personal wellbeing
• Identify and explain subtle anatomy principles as related to Hatha Yoga
• Explain the scientific evidence of wellbeing outcomes associated with Hatha Yoga practice
• Describe basic and advanced Pranayama and Meditation techniques
• Define basic Sanskrit terminology (i.e. Asana names, alphabet, Chakras, Yamas, Niyamas)
• Demonstrate ability to integrate philosophy teachings, lifestyle, and ethical principles, into an Asana-based practice:

ADDITIONAL INFORMATION

This course is the second course in a sequence of three (3) courses in the University of Minnesota Yoga Teachers’ Education & Training Sequence.

Visit z.umn.edu/csph4312 or contact us at csh-academics@umn.edu for more information.