

# RELG 254. INTRODUCTION TO YOGA TRADITIONS.

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Credits: 3

Offered by: Religious Studies (Faculty of Arts)

This course is not offered this catalogue year.

## Description

This course is an historical and thematic investigation into yoga, including its classical formulations, esoteric practices, and contemporary developments and debates. It explores early yoga traditions as well as the development of modern yoga in India and “the West,” along with themes such as the body, asceticism, secularism, and cultural exchange.

• Fall

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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