



SCIENCE, SATYA, AND SANTOSHA: YOGA FOR LIFE, HEALTH, AND LEADERSHIP



Do you find yourself looking for new tools to manage pandemic stress and help you feel better both in body and mind?

Curious about what studying and practicing yoga can offer you? Then enroll in this colloquium to explore both the physical and the philosophical aspects of yoga! Each week, we will read about and discuss not only an aspect of yogic philosophy but also research that connects that concept to contemporary life. In addition, we will participate in a brief yoga class to experiment with embodying that concept.

Students will reflect on readings in regular journal entries and lead one week's discussion. The semester will culminate with a paper or project connecting the ideas from the course to students' own disciplines and/or career tracks. No prior yoga knowledge or experience is required.

In addition to holding a Ph.D. in English, Dr. Angela Jones is a registered yoga teacher who has completed more than 550 hours of training and more than 1200 hours of teaching since 2011. She is also a Yoga Alliance Continuing Education Provider who provides training to other yoga teachers.

HON 300-Colloquium

SPRING 2021

T/R @ 12:45 p.m.

Face-to-Face

To apply for a course pass, email your 800# to
Susann.Davis@wku.edu