



Course Code DAN-179	Course Title Hatha Yoga I	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites None
Type of Course Elective	Field Yoga	Language of Instruction English
Level of Course 1 st cycle	Year of Study N/A	Lecturer(s) Athina Georgiou
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The course will focus on introducing the basic principles of Yoga, including Yoga postures (Asanas,) breathing (Pranayama,) relaxation and meditation techniques. Some attention will be given to the Philosophy of Yoga.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Practice the basic Asanas and recognize them in their Sanskrit terminology.
2. Implement the breathing techniques in Yoga with awareness.
3. Assimilate and discuss the philosophical background of Yoga.

Course Contents:

1. Asanas
2. Breathings
3. Deep stretches
4. Alignment and balance
5. Energy work and Chakras
6. Relaxation techniques
7. Meditation techniques
8. The importance of the Vinyasa - The marriage of breath and movement
9. The meaning of Prana, the “Source of Life,” and the energy pathways in the body

Learning Activities and Teaching Methods:

Studio, supplemented by introductory Lectures

Assessment Methods:

In Class Performance and Participation, Practical Midterm Evaluation, Practical Final Examination, Written Final Examination
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Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Sivanada Yoga Center, Swami Vishnu Sevananda	<u>The Sivananda Companion to Yoga</u>	New York: Simon & Schuster	2000	0684870002