



<b>Course Code</b> DAN-189	<b>Course Title</b> Hatha Yoga II	<b>ECTS Credits</b> 2
<b>Department</b> Music and Dance	<b>Semester</b> Spring	<b>Prerequisites</b> DAN-179
<b>Type of Course</b> Elective	<b>Field</b> Yoga	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> cycle	<b>Year of Study</b> N/A	<b>Lecturer(s)</b> Athina Georgiou
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

### **Objectives of the Course:**

The course will focus on a deeper approach of Yoga principles, including advanced Yoga postures (Asanas), breathing (Pranayama), relaxation and meditation techniques, as well as the Philosophy of Yoga.

### **Learning Outcomes:**

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

1. Perform the advanced Asanas and variations of the Asanas.
2. Practice breathing techniques.
3. Apply Yoga philosophy to the physical practice.

### **Course Contents:**

1. Asanas and variations.
2. Breathings.
3. Deep stretches.
4. Alignment and balance.
5. Energy work and Chakras.
6. Relaxation techniques.
7. The importance of the Vinyasa - The marriage of breath and movement.
8. 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:**

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

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