



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

## Dan-189 Hatha Yoga II

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| <b>Course Code</b><br>DAN-189                   | <b>Course Title</b><br>Hatha Yoga II | <b>ECTS Credits</b><br>2                  |
| <b>Department</b><br>Music and Dance            | <b>Semester</b><br>Spring            | <b>Prerequisites</b><br>DAN-179           |
| <b>Type of Course</b><br>Elective               | <b>Field</b><br>Yoga                 | <b>Language of Instruction</b><br>English |
| <b>Level of Course</b><br>1 <sup>st</sup> cycle | <b>Year of Study</b><br>N/A          | <b>Lecturer(s)</b><br>Athina Georgiou     |
| <b>Mode of Delivery</b><br>Face-to-face         | <b>Work Placement</b><br>N/A         | <b>Co-requisites</b><br>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:**

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| 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  |