



Course Syllabus

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

Course Objectives:

The main objectives of the course are to:

1. Introduce the principles of Yoga, including Yoga postures (Asanas), breathing (Pranayama), and relaxation techniques.
2. Practice various Yoga positions and sequences with the aim of strengthening the body, increasing flexibility and correcting body alignment.
3. Introduce the principles of different Yoga styles/techniques.

Learning Outcomes:

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

1. Practice adequately different sequences of Yoga postures.
2. Implement Yoga breathing techniques with awareness.
3. Use, effectively, Yoga relaxation techniques for body and mind.
4. Acknowledge posture alignment imbalances and be able to correct them through practice.
5. Increase flexibility, stamina, and balance.

Course Content:

1. Asanas
2. Deep stretches
3. Alignment and balance
4. Relaxation techniques
5. Conscious and rhythmic breathing during movement and in asana positions

Learning Activities and Teaching Methods:

Practical exercise at Studio

Assessment Methods:

In Class Performance and Participation, Practical Midterm Evaluation, Practical Final Examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
The Sivananda companion to Yoga	Sivananda Yoga Center, Swami Vishnu Sivananda	Fireside – Simon & Schuster, Inc.	2000	0-684-87000-2
Perfectly Imperfect: The Art and Soul of Yoga Practice	Baron Baptiste	Random House Publishing Group	2016	1401948771
The Yoga Sutras of Patanjali	Sri Swami Satchidananda	Integral Yoga Publications	2012	1938477072