



Course Syllabus

Course Code	Course Title	ECTS Credits
DANC-189	Yoga II	2
Prerequisites	Department	Semester
Hatha Yoga I	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	1st
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. Deepen on the principles of Yoga, including advanced Yoga postures (Asanas), breathing (Pranayama), relaxation and meditation techniques.
2. Practice various Yoga positions and sequences with the aim of strengthening the body, increasing flexibility and correcting body alignment.
3. Deepen on 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. Implement various breathing techniques.
3. Apply Yoga philosophy to the physical practice.
4. Be able to hold Yoga positions for a certain period of time.

Course Content:

1. Advanced Asanas and variations
2. Breathings
3. Deep stretches
4. Alignment and balance
5. Energy work and Chakras
6. Meditation Techniques
7. Relaxation 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:

Practical exercise at Studio, supplemented by short lectures

Assessment Methods:

In Class Performance and Participation, Assignments, 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
Ashtanga Yoga, “The practice manual”, An Illustrated Guide to Personal Practice	David Swenson	Ashatanga Yoga Productions	2007	1-891252-08-09
Journey into Power	Baron Baptiste	Fireside – Simon & Schuster, Inc.	2012	1-7432-2659-3
Perfectly Imperfect: The Art and Soul of Yoga Practice	Baron Baptiste	Hay House UK, Ltd	2020	9781401951795