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Yoga in India, CNU Study Abroad, July 2013

1 message

Announcement-Do Not Reply

Wed, May 30, 2012 at 2:28

<announcement@cnu.edu>

PM

To: faculty <faculty@cnu.edu>, employees <employees@cnu.edu>, students <students@cnu.edu>

Studying Yoga and Indian Philosophy in India (RSTD 370) July 3 - 26, 2013

Cost: TBD (Plus tuition, passport and visa fees, some meals, and incidentals.)

Dates, itinerary, and cost subject to change.

Information Session: Wed., August 29, 2012 at 1 p.m. in the DSU, Jefferson Room

Yoga's popularity is booming around the globe, but it is an ancient practice that has been at the center of India's religious traditions since before recorded history. In this course, you will study the foundations of yoga philosophy in India, the land of yoga's birth, and you will learn how to start your own yoga practice or deepen your current practice. After touring New Delhi, India's capital, we will journey to Rishikesh, an ancient holy city in India where the Ganges River leaves the Himalayan Mountains and flows into the plains of India. Rishikesh is the capital of yoga in India, and yogis and meditators converge on the picturesque ashrams that sit along the Ganges. In visits to famed ashrams and bustling temples in Rishikesh and nearby Haridwar, we will take in the full panorama of life in sacred India. Our journey will conclude with dusk and dawn visits to the Taj Mahal.

Instructors:

Dr. Kenneth Rose,
Professor of Philosophy and Religious Studies
Christopher Newport University

Beate Boost-Rose, M.Ed.
E-RYT 500-Hour Yoga Alliance Certified Yoga Teacher
Director, Zenya Yoga Academy

For more information contact Prof. Rose at krose@cnu.edu or Mandi Work, Study

Abroad Coordinator, at amanda.work@cnu.edu