



<b>PRE-REQUISITES</b>	None
<b>CO-REQUISITES</b>	None
<b>MATERIALS REQUIRED</b>	Notebook, pen, comfortable clothing.
<b>TEXTBOOKS</b>	<p><b>Compulsory:</b> Nil.</p> <p><b>Recommended Reading / References:</b> Feuerstein, Georg. 2008. <i>The Yoga Tradition</i>. Hohm Press.</p>

## DAY-BY-DAY OUTLINE

<b>DAY 1</b>	History of the Vedas Upanishads
<b>DAY 2</b>	Vedanta Bhagavad Gita
<b>DAY 3</b>	Buddhism to modern times
<b>DAY 4</b>	Yoga Sutras of Patanjali Hatha Yoga texts
<b>DAY 5</b>	Karma, Bhakti, Jnana and Tantra Yoga
<b>DAY 6</b>	Scientific validation of yoga Yoga philosophy in the modern western context

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.