

Required Concentrations

*Student choose 2 of 4 tracks

MAS 264 Yoga & Psychology of Chakras Segarra, 3.0 credits

Myofascial Yoga is a blending vinyasa/ashtanga/iyengar yoga influenced by Anatomy Trains MeridiansSM taught in a way to assist the muscles and fascial body in stretching safely. This course will emphasize the blending of breath with movement in a conscious way of using the mind-body connection. Emphasis will be on using the core muscles throughout the postures. Students will learn postures that include stretching, breathing, body mechanics alignment and form along with inner attention to ones' self. The application of the seven chakras blended with Jungian Psychology will support the mind-body connection in this course.

MAS 262 Myofascial Yoga & Anatomy Trains Segarra, 3.0 credits

Myofascial Yoga is a blending of disciplines slowed down to facilitate the opening of connective tissue in order to assist the muscles and fascial body in stretching safely. The course emphasizes the combining of breath and movement to consciously connect mind and body. Students learn postures, breathing, body mechanics, alignment, and form, along with inner attention to one's self. Tom Myers' Anatomy Trains is explored throughout the course, deepen our understanding of how the body compensates for injury patterns, traumas, and other connective tissue issues.

Required One Credit Courses

MAS 264 Yoga & the Myofascial Body Segarra, 1.0 credit

Yoga and the Myofascial Body is a two-day experience of asana practice that explores how to open the myofascial body through different yoga postures. We will utilize Tom Myers' Anatomy Trains in combination with asana. Students will be challenged to observe and identify how they carry themselves in their daily lives and how to create therapeutic change through the proper development of an asana practice.

Electives

HHHA 293 Ayurveda Shaw, 1.0 credit

This course introduces students to various theories and modalities of Ayurveda lifestyle, cooking, and herbs. An overview of Eastern philosophies will be taught and demonstrated to students. The course is didactic and experiential in nature. Students will learn how Ayurveda is a complete philosophy of life, and that the non-material components of our lives—our consciousness, mind, thoughts and emotions—animate and direct or physical beings. tools for self-observation and self-healing. Emphasis will be on constitutional types, imbalances, and lifestyle techniques to support the return to balance.

HHHA 293 Ayurveda Cooking Shaw, 1.0 credit HHHA 144

This course is an introduction in the basic principles of Ayurveda and how it is directly applied to cooking. Students will be taken to Hanuman Temple for part of the training to learn how to cook in an Ayurvedic kitchen.

HHHA 103 Kundalini Yoga Ellis-Sankari, 3.0 credits

Kundalini Yoga explores the fundamentals of Kundalini Yoga including exercise sets (Kriyas), breathing techniques (pranayama), and mental concentration and relaxation techniques; i.e. meditation. The focus is on strengthening the nervous system and balancing the endocrine glandular system.

HHHA 104 Hatha Yoga, Stewart, 3.0 credits.

Hatha yoga is an introductory course for beginning yoga students who wish to explore yoga asana and the yoga sutras in a safe context. Modifications of asana are offered to accommodate all body types and injuries. Nicolai Bachman's, **The Yoga Sutras**, is used to explore a deeper understanding of Pantanjali's 8 limbs of yoga.

HHHA 102 Meditation, Consciousness and Self Healing, Murphy, 3.0 credits.

Open to anyone interested in stress reduction, general well-being or simply developing a calmer, clearer approach to life. An introduction to meditation and related practices such as mindfulness and moving contemplative forms such as walking meditation and qi gong. Open to all levels, from beginners to experienced meditators. Each class meeting will include experiential exercises designed to illustrate stress reduction, meditation and awareness-building tools.