What is Yoga?
Essential Questions Seminar
Spring, 2022 — EQ 107-01
Michael Harrington

There’s more to yoga than stretching! We’ll explore the way of life practiced by the ancient yogis, which teaches us how to reduce suffering and cultivate health in our thoughts and actions. Along the way we’ll see what contemporary exercise science can add to the ancient yoga texts. ...And we’ll do some simple stretching exercises.


Tuesdays and Thursdays, 10:50-12:05