Is the practice of yoga a form of philosophy? How do Western and Eastern traditions understand the relation between the mind and the body? How long has yoga existed, and how has it changed over time? We will investigate these questions by looking at ancient yoga concepts and recent philosophy of the body.

Half of the course will be held in the Power Center, where we will use an athletic yoga practice to explore the concepts we discuss in the classroom. No previous experience with yoga is necessary.

This course satisfies the Cultural Fluency and Responsiveness requirement.