COURSE DETAIL

TRADITIONS OF YOGA
Country Canada
Host Institution University of British Columbia
Program(s) University of British Columbia
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Asian Studies
UCEAP Course Number 70
UCEAP Course Suffix
UCEAP Official Title TRADITIONS OF YOGA
UCEAP Transcript Title TRADITIONS OF YOGA
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description

This course examines the cultural, religious, and philosophical significance of yoga in premodern South Asia. It looks at both the classical foundations of yoga, as well as the modern/global perspective of yoga.

Language(s) of Instruction
English

Host Institution Course Number
ASIA 210

Host Institution Course Title
TRADITIONS OF YOGA

Host Institution Course Details

Host Institution Campus
UBC Vancouver

Host Institution Faculty

Host Institution Degree

Host Institution Department
Asian Studies

Course Last Reviewed
2021-2022

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