

# 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 Campus

UBC Vancouver

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Asian Studies

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