

PBS Adult Continuing Education Distance Learning Online Course



2020 Fall 2 Get To Know Yoga: History, Philosophy & Practice

Tuesdays & Thursdays, 10:00 - 11:30 AM

10 Virtual Classroom Meetings:

Oct. 20, 22, 27, 29, Nov. 3, 5, 10, 12, 17, 19, 2020

REGISTER TODAY!

- * Classes will be held online through Zoom. Training materials will be provided to assist students in navigating these systems.
- * Tuition for the course is \$300.00 for the semester, payable via credit card on the PBS web site.

See reverse side for course description.

**Visit our website for complete schedule of classes
and detailed registration instructions.**

To Register: <http://www.positivebehavior.org/adult-education.html>

Questions: AdultEd@PositiveBehavior.org

Get To Know Yoga: History, Philosophy & Practice

This course will explore this ancient practice that originated in India and has now become a household name in the Western Countries, including the United States.

Yoga is NOT just about bending and stretching.

- Can yoga heal you?
- Why do some doctors recommend yoga to their patients?
- Is yoga a religion?

This course will answer these questions and much more!

We will analyze ancient texts like the *Bhagavad Gita* and *Yoga Sutras*, and explain how the words and lessons within them are relevant and can be used to support mental health even without a physical practice of yoga.

We will learn about the many different types of physical yoga including Hatha, Iyengar, Bikram, Kundalini, and Yin Yoga, discussing what they are, where they came from, and their applications to physical and emotional health. Students will be invited - *not required* - to participate with demonstrations of a gentle physical practice led by the instructor.

Meet the Instructor



Dan Elfawal is a certified special education and yoga teacher. Dan enjoys teaching and learning from his students every day. The practice of yoga has changed Dan's life, leading him to live a healthier lifestyle and become a more compassionate person. Dan is filled with life and is known for his energetic, loving nature. He meets each student where they are.

PBS Adult Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration.

All students benefit from being engaged with interesting material and collaborating with other students.