

POSITIVE | BEHAVIOR | SUPPORT | CONSULTING

& PSYCHOLOGICAL RESOURCES, P.C.

PBS Campus Experience
is **excited** to announce a 3rd class
added to our 2018 summer sessions:

History of Yoga

Mon. & Wed. 1:30 - 3:00 p.m.

Tailored for the summer months running
July 16, 2018 — August 8, 2018



- * Classes will be held on the 3rd floor of the Student Activities Center on the campus of Stony Brook University (fully accessible).
- * Tuition is \$250.00 for the class. PBS can receive payment directly from an approved 3rd party payer (FI).
- * Class is limited to 15 students—Register soon!



See reverse side for course description.
Visit our website for schedule of all current classes
and detailed registration instructions.

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

Questions: AdultEd@PositiveBehavior.org

History of Yoga

This course will explore the almost 2000-year-old practice that originated in India and has now become a household name in Western Countries. It has recently been reported that more than 20 million (!!) people in the United States do some form of yoga each year.

We will explore questions around the practice, including: Is Yoga a religion? Can yoga heal you? Why do some doctors recommend yoga to their patients? This course will answer these questions and much more.

We will review ancient texts like the Bhagavad Gita and Yoga Sutras, and explain how the words, mantras, and lessons within them are still used and relevant today.

We will learn about the many different types of Yoga, including Hatha, Iyengar, Kundalini, and Yin Yoga and discuss what they are, where they came from, and their applications to physical and emotional health.

Gentle physical practice will also be introduced and taught by a certified yoga 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 inherently benefit from being engaged in an active college environment.

Space made possible through a grant from
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