

POSITIVE | BEHAVIOR | SUPPORT | CONSULTING

& PSYCHOLOGICAL RESOURCES, P.C.

**PBS Campus Experience
at
the Charles B. Wang Center
on the campus of
Stony Brook University**

**Fall 2018:
History of Yoga**

Fridays, 10:00 a.m. – 11:30 a.m.

Semester runs September 12, 2018 - December 21, 2018

*Back by popular
demand!*



Registration is limited to 15 students

REGISTER TODAY!

Tuition for the course is \$350.00 for the semester. PBS can receive payment directly from an approved 3rd party payer (FI).

See reverse side for course description.

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

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

Questions: AdultEd@PositiveBehavior.org

History of Yoga

This course will explore this almost 2,000-year-old practice that originated in India and has now become popular in Western Countries, specifically the United States. It has recently been reported that more than 20 million (!!) people do some form of yoga each year.

We will explore questions around the practice, such as: 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 analyze ancient texts like the *Bhagavad Gita* and *Yoga Sutras*, and explain how the words, mantras, and lessons within them are used and still 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.

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 inherently benefit from being engaged in an active college environment.

Space made possible through a grant from
Positive Behavior Support Community Foundation