



An Introduction to Yoga Therapy

Instructor's Name: Ashwini Surpur

Class Name: Introduction to Yoga Therapy

Course Date: Tuesday, April 19, 2016

Class Time: 6-8:30pm

Location of Class: Meru Classroom, CSE Grace Building

COURSE DESCRIPTION

This course introduces the basic principles of Yoga Therapy and examines how Yogic and Ayurvedic practices can be utilized as interventions to create and maintain an optimum state of physical, emotional and spiritual health. Among the Yogic tools used therapeutically are asana, pranayama, meditation, and healthy living. Students are introduced to examples of how Yoga Therapy practitioners might adapt Yogic practices to the needs of individuals with health considerations such as diabetes, cancer, or obesity.

INSTRUCTOR BIO

Ashwini Surpur, ERYT, has a Post-Graduate Diploma in Yoga Therapy from Vivekananda Yoga University (SVYASA), Bangalore, India and a Master's Degree in Sanskrit. She worked as a software engineer at Oracle for 15 years and left her job to volunteer full-time at Yoga Bharati, where she is currently serving as the Director of Yoga Therapy. She has spoken at conferences on Yoga and Hindu philosophy and writes articles for magazines and news media on Yoga. She composes poetry in her free time. Ashwini serves as Expert Faculty in the Yoga Track at Meru Institute.

ASSIGNMENT TO PREPARE FOR THIS CLASS

- Listen to these two Yoga Hour programs prior to the class meeting
 - [Self-Discovery Through Yoga](#)
Anil and Ashwini Surpur
 - [Keeping Yoga in Yoga Therapy](#)
John Kepner
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