



Yoga, Ayurveda, and Self-Realization

Instructor's Name: Yogacharya Ellen Grace O'Brian

Class Name: Yoga, Ayurveda, and Meditation

Course Date: Sunday, February 21, 2016

Class Time: 2-4pm

Location of Class: Meru Institute Classroom, CSE Grace Building

COURSE DESCRIPTION

This course examines the role of of Yoga and Ayurveda, and how they support superconscious meditation and Self-Realization. Students will explore the ancient sister sciences of Yoga and Ayurveda, and learn how, as Vedic disciplines, they work together to unlock our innate inner wisdom and enhance our lives on all levels. Restore to wholeness in body, mind and spirit with practical applications of Yoga, Ayurveda and Meditation.

TEXTS

- *Raja and Kriya Yoga* Stephen Sturgess
- *Yoga and Ayurveda: Self-Healing and Self-Realization* Dr. David Frawley (Vamadeva Shastri)

ASSIGNMENT

- Write an overview of both your morning and evening dinacharya: identify the practices you currently include, what you would like to add, what you find to be the main obstacles, how you plan to move through those obstacles. **2 page max. (Due: March 4, 2016. Email your Word document to your cohort faculty leader.)**

Plagiarism is the use of words, ideas or views of another person as if they were your own. Plagiarism is contrary to the spiritual practices of truthfulness (Satya) and of non-stealing (Asteya) — it is considered to be a form of intellectual dishonesty and, as such, is a serious academic offense. The potential penalties range from receiving “no credit” in the course, to a letter of discipline placed in the student’s permanent academic file, or even suspension or expulsion from the seminary program. Plagiarism includes: passing off another’s written work as your own—whether from a book, magazine, website, paper... any form; failing to give credit to your sources for the ideas, information, and words you have borrowed from them; not quoting when you use another’s exact words; not changing the wording or sentence structure significantly enough when you paraphrase a source.