



Faculty of Arts and Social Sciences
Religious Studies and Theology

Syllabus

Classic Yoga: Body, Self and Liberation

Course Code:	REGKYO
Course Title:	Classic Yoga: Body, Self and Liberation <i>Klassisk yoga: kropp, själ och befrielse</i>
Credits:	7.5
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has only upper-secondary level entry requirements (G1N)

Major Field of Study:
RKA (Religious Studies)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2021-02-23, and is valid from the Autumn semester 2021 at Karlstad University.

Prerequisites

General admission requirements

Learning Outcomes

Upon completion of the course, students should be able to

1. give an account of the historical, cultural, and religious contexts in which classic yoga emerged and developed in South Asia,
2. give an account of different classic definitions of yoga, its parts and main forms,
3. give an account of the philosophical, religious, and therapeutic foundations of classic yoga and its approach to the body,
4. identify the main ascetic and tantric trends of development in classic yoga, and
5. reflect upon the use of history in the contemporary transnational context of yoga.

Content

The course covers the historical development of classic yoga from the 300s to the 1600s from the perspective of religious history, highlighting the sociocultural and religious background in South Asia and its influence on the different expressions of yoga. The fundamental classic definitions of yoga and its forms are presented. Religious, philosophical, and therapeutic aspects of classic yoga are covered and related to the tantric and non-tantric forms of yoga. Through an overview of the South Asian history of yoga, the course also contributes to critical reflection upon the use of history that characterises the contemporary transnational yoga movement.

Instruction is in the form of lectures and mandatory seminars in which the main course content and digital course materials are analysed and discussed among teachers and students.

Reading List

See separate document.

Examination

Learning outcomes 1-4: Assessment is based on individual written hand-in assignments.

Learning outcome 5: Assessment is based on oral presentations in seminars.

The examiner may decide that a student who is very close to a passing grade can complete a supplementary assignment to receive a passing grade for a specific examination. If this is a possibility, the examiner must specify when and how such a supplementary assignment may be permitted.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.