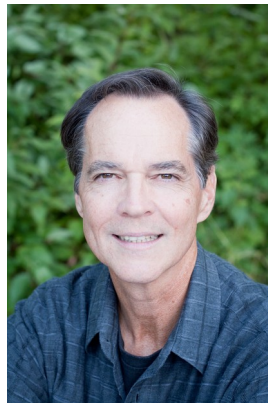


# History and Philosophy Of Yoga

*An 8-Week Course*



**History**  
**Introduction to Sanskrit**  
**Patanjali Pranayama**  
**Tantra Chakras**  
**Gods and Goddesses**  
**Samadhi**  
**Enlightenment**



***Monday Evenings***  
***January 21 - March 11***  
**5:30-7:00 p.m.**

**Instructor:**  
**Dr. Michael Sowder**

To register contact: Michael Sowder [michael.sowder@usu.edu](mailto:michael.sowder@usu.edu)  
435.232.6118

**Cost: \$100 (Students: \$50)**

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