

Bahamas: Yoga, Meditation and Spiritual Development

Program Description

Yoga, Meditation, and Spiritual Development: Study Abroad at Sivananda Ashram, Nassau, Bahamas. Through a concentrated study of yoga asanas (postures), meditation techniques, pranayama (breath control), guest lectures, and philosophical and religious scriptures and dialogue, students will engage in both the theory and practical applications of yoga and related spiritual disciplines within the concentrated environment of a traditional yoga ashram. The program includes lectures by world renowned speakers from a variety of traditions, daily Yoga classes, delicious vegetarian meals, and some recreational time for swimming and enjoying the pristine beach.

Ashram website: [https://
www.sivanandabahamas.org/](https://www.sivanandabahamas.org/)

Cost: \$800

(please see online
brochure for more
details)

FIU
Study Abroad

Contact: Dr. Andrea Seidel—seidela@fiu.edu

Summer 2018: April 29th —May 6th

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SUMMER 2018

Undergraduate Courses:

SELECT ONE ONLY:

REL 3020, REL 3399, REL 4910

Graduate Course:

REL 5397

LEVEL OF PHYSICAL ACTIVITY

