

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/>

Cost: \$1200

(please see online brochure for more details)

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

Summer 2019: April 28th —May 5th

Study Abroad Office

SASC 230

305-348-1913

edabroad@fiu.edu

Studyabroad.fiu.edu

SUMMER 2019

Undergraduate Courses:

SELECT ONE ONLY:

REL 3020, REL 3399, REL 4910

Graduate Course:

REL 5397

FIU
Study Abroad

LEVEL OF PHYSICAL ACTIVITY

