



DEPARTMENT OF LITERATURE, HISTORY OF IDEAS, AND RELIGION

RT2416 Yoga: Historical and Critical Perspectives, 7.5 credits

Yoga och meditation: historiska och kritiska perspektiv, 7,5 högskolepoäng

Second Cycle

Confirmation

This course syllabus was confirmed by Department of Literature, History of Ideas, and Religion on 2017-07-03 to be valid from 2017-07-03, autumn semester of 2018.

Field of education: Arts 100%

Department: Department of Literature, History of Ideas, and Religion

Position in the educational system

The course is given as a freestanding course at the second cycle level.

Main field of studies

Religious Studies and Theology

Specialization

A1N, Second cycle, has only first-cycle course/s as entry requirements

Entry requirements

Degree of Bachelor or completed courses of at least 180 credits at first cycle level, of which at least 90 credits with progression in some main field of study where it is included a bachelor's thesis of at least 15 credits. Qualified are also those that have equivalent foreign education or that have equivalent prior knowledge according to earlier study regulation. Furthermore, knowledge corresponding to English A/English 5. is required

Learning outcomes

On successful completion of the course the student will be able to:

Knowledge and understanding

- account for classical Hindu yoga the hatha yoga and the main specialisations in modern yoga

- account for the basic reasons for the origin of modern yoga

Competence and skills

- show skills to analyse central religious documents in different specialisations of Hindu yoga
- show skills to analyse present-day forms of modern yoga on the basis of the question about the relationship between tradition and renewal
- identify and discuss relevant scientific problems in the research about yoga and meditation

Judgement and approach

- critically be able to interpret and evaluate claim on to belong a certain yoga tradition.
- show consciousness as well as make independent assessments regarding balances as research about yoga and meditation can give origin to

Course content

The course treats yoga traditions in pre modern time and their transformation during late 19th century and 20th century to specialisations of modern yoga. Special focus will lie on to clarify the underlying globalisation processes that made this development possible.

Sub-courses

- 1. From Classical Yoga to Hatha Yoga** (*Från Klassisk yoga till Hatha yoga*), 3 credits
Grading scale: Pass with Distinction (VG), Pass (G) and Fail (U)
The module treats the new ideas and placements that arose during the first millenia B.C. and that first is expressed in the upanishads and the new religions Buddhism and Jainism and then in the form of a classical Hindu yoga and the later hatha yoga school. Special focus is on Patanjalis Yoga Sutra, the philosophic school Samkhya, Bhagavad Gita and Hatha Yoga Pradipika.
- 2. Modern Yoga** (*Modern yoga*), 4.5 credits
Grading scale: Pass with Distinction (VG), Pass (G) and Fail (U)
The module treats the emergence of different forms of modern globalised yoga during the 20th century, its characterising features and specialisations as well as the underlying causes for their popularity.

Form of teaching

The teaching consists of lectures and seminars.

Language of instruction: English

Assessment

The course is assessed through essays and compulsory written assignments.

The student is required to retain a copy of home assignments until they are graded and returned. The one who submits a home assignment after the stipulated time has not the right to have it assessed, but must submit it at the next reexamination or obtain a re-examination at another occasion.

For a student who has failed examination, possibility for new test at no more than four occasions is given.

If a student, who has failed the same examined component twice, wishes to change examiner for the next examination, a written application shall be sent to the department responsible for the course and it shall be granted unless there are special reasons to the contrary (Chapter 6, Section 22, Higher Education Ordinance).

In cases where a course has been discontinued or has undergone major changes, the student will normally be guaranteed at least three opportunities to take the examination (including the ordinary examination) during a period of at least one year from the last time the course was given.

Grades

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).

The grade Pass cannot be changed to Failed on the student's request. A student who has passed an examination may not participate in a re-examination for higher grades. The person concerned has neither the right to revoke a submitted examination to avoid grading.

Course evaluation

The department is responsible for that course evaluation is carried out systematically and regularly and is compiled in accordance with the regulations for course evaluation at Department of literature, history of ideas and religion (www.lir.gu.se/om-

oss/styrdokument).

The results of the evaluation and possible changes to the course will be shared with students who participated in the evaluation and new students who are starting the course.

Additional information

In addition to stated expected learning outcomes, the student in the course should, when so are relevant, be encouraged to make assessments with regard to gender equality and equality aspects as well as sensitise and problematise ecologically economically and socially sustainable development.