**2022/2023 II. féléves**

**Yoga and Meditation 1 (CB3356) elective gyakorlat**

**TEMATIKÁJA és KÖVETELMÉNYEI**

Előadó: Dr. Szabó Sándor

Nyíregyháza 2023. február 11.

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| **Hét** | **Témakör** | **Megjegyzés** |
| **1** | Yoga in daily life sarva-hita-asanas  part-1: Easy exercises from the system Yoga in Daily Life basic levels. | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-1 |
| **2** | Yoga in daily life sarva-hita-asanas  part-1. Easy exercises from the system Yoga in Daily Life basic levels. | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-1 |
| **3** | Yoga in daily life sarva-hita-asanas  part-2 Dynamical exercises, bending, twisting and streching of the whole body. Exercises with breath control and awareness.  Complete yoga breathing, and exercises with deep breathing.  Nadi Sodhan pranajam for the balance of the nervous system.  Relaxation with guided body awareness. | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-2 |
| **4** | Yoga in daily life sarva-hita-asanas  part-3 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-3 |
| **5** | Yoga in daily life sarva-hita-asanas  part-4 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-4 |
| **6** | Yoga in daily life sarva-hita-asanas  part-5 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-5 |
| **7** | Yoga in daily life sarva-hita-asanas  part-6 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-6 |
| **8** | Test regarding to Yoga in daily life sarva-hita-asanas  part-1-6 |  |
| **9** | Yoga in daily life level 2  Shashankasana, Meru Akaranasana, Bhunamanasana | https://www.yogaindailylife.org/system/en/level-2 |
| **10** | Yoga in daily life level 2  Ashva Sanchalanasana, Utthana Prishthasana, Hasta Utthanasana,  Utthita Lolasana | https://www.yogaindailylife.org/system/en/level-2 |
| **11** | Yoga in daily life level 2  Akarana Dhanurasana, Meru Prishthasana, Chatushpadasana | https://www.yogaindailylife.org/system/en/level-2 |
| **12** | Yoga in daily life level 2  repetition of learned exercises |  |
| **13** | Yoga in daily life level 2  repetition of learned exercises |  |
| **14** | Test regarding to Yoga in daily life level 2, A félév lezárása |  |

**Követelmények:**

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| A foglalkozásokon való részvétel előírásai: | Maximum 3 hiányzás (3x2 óra) megengedett. |
| A félévi ellenőrzések követelményei: | Two exersice test regarding to Yoga in daily life sarva-hita-asanas  part-1-6 and level 2 |
| A tantárgyhoz rendelt kredit: | 2 |
| Az érdemjegy kialakítás módja: | Means of test 1 and test 2 |
| Ajánlott irodalom: | Swami Maheshwarananda 2000. Yoga in Daily Life, - The System, Ibera-Verlag ISBN: 3-85052-000-5, |
| Ajánlott weboldalak: | https://www.yogaindailylife.org/system/en |