**2022/2023 II. féléves**

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

**TEMATIKÁJA és KÖVETELMÉNYEI**

Előadó: Dr. Szabó Sándor

Nyíregyháza 2023. február 11.

|  |  |  |
| --- | --- | --- |
| **Hét** | **Témakör** | **Megjegyzés** |
| **1** | Yoga in daily life sarva-hita-asanaspart-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-asanaspart-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-asanaspart-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-asanaspart-3 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-3 |
| **5** | Yoga in daily life sarva-hita-asanaspart-4 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-4 |
| **6** | Yoga in daily life sarva-hita-asanaspart-5 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-5 |
| **7** | Yoga in daily life sarva-hita-asanaspart-6 | https://www.yogaindailylife.org/system/en/level-1/sarva-hita-asanas-part-6 |
| **8** | Test regarding to Yoga in daily life sarva-hita-asanaspart-1-6 |  |
| **9** | Yoga in daily life level 2Shashankasana, Meru Akaranasana, Bhunamanasana | https://www.yogaindailylife.org/system/en/level-2 |
| **10** | Yoga in daily life level 2Ashva Sanchalanasana, Utthana Prishthasana, Hasta Utthanasana, Utthita Lolasana | https://www.yogaindailylife.org/system/en/level-2 |
| **11** | Yoga in daily life level 2Akarana Dhanurasana, Meru Prishthasana, Chatushpadasana | https://www.yogaindailylife.org/system/en/level-2 |
| **12** | Yoga in daily life level 2repetition of learned exercises |  |
| **13** | Yoga in daily life level 2repetition of learned exercises |  |
| **14** | Test regarding to Yoga in daily life level 2, A félév lezárása |  |

**Követelmények:**

|  |  |
| --- | --- |
| 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-asanaspart-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 |