



# The History of Yoga

[figs.wisc.edu/2019fall32](http://figs.wisc.edu/2019fall32)

**FIG 32 • Fall 2019**

main class instructor: **Gudrun Buhnemann**

**10 credits**

**MAIN CLASS**

Asian Languages and Cultures 300

## **Yoga: Ancient Philosophy and Modern Practice**

**LINKED CLASS**

Anthropology 104

## **Cultural Anthropology and Human Diversity**

**LINKED CLASS**

Philosophy 101

## **Introduction to Philosophy**

The word yoga is now commonly associated with postures and

physical exercise. Originally it referred to diverse ascetic and meditative practices aiming at release from the cycle of rebirth.

The main class in this FIG, **Languages & Cultures of Asia 300: “Yoga: Ancient Philosophy and Modern Practice,”** traces the history and development of yoga practices in the Hindu traditions of India from early to modern times. We will also examine the adaptation of these practices in the West and survey styles of practice from Hot Yoga to Aerial Yoga. The class will include workshops on academic writing, co-taught with instructors from the UW Writing Center, and hands-on instructional sessions in Memorial Library focusing

on the effective use of library resources, including academic databases, and research strategies. Thus the class will provide skills that will be useful for future coursework at UW–Madison.

**Anthropology 104: “Cultural Anthropology and Human Diversity”** — A comparative cross-cultural consideration of social organization, economics, politics, language, religion, ecology, gender, and cultural change.

**Philosophy 101: “Introduction to Philosophy”** — Compare various philosophical positions such as the nature of reality, the foundations of knowledge, and the justification of values. ●

more on the other side

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am					
9:00 am					
10:00 am	PHILOS 101 LEC 1 9:55–10:45 am	ANTHRO 104 LEC 3 9:55–10:45 am	PHILOS 101 LEC 1 9:55–10:45 am	ANTHRO 104 LEC 3 9:55–10:45 am	PHILOS 101 LEC 1 9:55–10:45 am
11:00 am					
12:00 pm		ASIAN 300 LEC 1 11:00 am– 12:15 pm		ASIAN 300 LEC 1 11:00 am– 12:15 pm	
1:00 pm	PHILOS 101 DIS 304 12:05–12:55 pm				ANTHRO 104 DIS 319 12:05–12:55 pm
2:00 pm					
3:00 pm					
4:00 pm					
5:00 pm					
6:00 pm					

## MAIN CLASS

Asian Languages and Cultures 300

### Yoga: Ancient Philosophy and Modern Practice

LEC 1: TR 11:00–12:15

- Humanities
- Intermediate
- Honors Optional

credits: 3

class number: **49285**

## LINKED CLASS

Anthropology 104

### Cultural Anthropology and Human Diversity

LEC 3: TR 9:55–10:45 +

DIS 319: F 12:05–12:55

- Ethnic Studies
- Social Science
- Elementary

credits: 3

class number: **48405**

## LINKED CLASS

Philosophy 101

### Introduction to Philosophy

LEC 1: MWF 9:55–10:45 +

DIS 304: M 12:05–12:55

- Humanities or Social Science
- Elementary

credits: 4

class number: **55585**

## Enrolled in a FIG and you change your mind?

FIG classes are designed to be taken together. When you enroll in a FIG, you are signed up for these classes as a whole group, not as separate classes.

### Dropping one FIG class means ending your enrollment in all of the classes in the FIG.

So, here's what you should know if you want to drop the FIG:

- You can drop all the classes on your own at [enroll.wisc.edu](http://enroll.wisc.edu). Any non-FIG class will not be affected.
- After classes begin, if you need to drop a single class within the FIG, please contact Kari Fernholz (see below) to review your situation. If necessary, she will provide the required authorization to drop the class.
- **Wednesday, September 11, 2019** is the last day to drop a class without it appearing on your college transcript.
- **Friday, September 13, 2019** is the last day to add a class without first getting department permission.



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Nathan Phelps, director • 608-263-6504 • [nathan.phelps@wisc.edu](mailto:nathan.phelps@wisc.edu)

get help from **Kari Fernholz**, assistant director  
608-262-7375 • [kari.fernholz@wisc.edu](mailto:kari.fernholz@wisc.edu)

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