



# Yoga in Poetry and Pose

[figs.wisc.edu/2019fall73](http://figs.wisc.edu/2019fall73)

**FIG 73 • Fall 2019**

main class instructor: **Chris Livanos**

**9 credits**

**MAIN CLASS**

Comparative Literature 203  
**Yoga in Poetry and Pose**

**LINKED CLASS**

Religious Studies 102  
**Exploring Religion in Sickness and Health**

**LINKED CLASS**

Nutritional Sciences 203  
**Introduction to Global Health**

In **Comparative Literature 203: “Yoga in Poetry and Pose,”** we will study yoga as it is taught and represented in the classic literary texts of several South Asian Cultures. In discussing poems and songs from traditions as diverse as Tibetan Buddhism, Kashmiri Shaivism, and Hindu Epic, we will examine how these expressions of yoga have impacted the lives of practitioners in different cultures and how they relate to yoga as it continues to be practiced in various forms today. Our readings will also look into connections between yoga and spiritual practices such as Sufi mysticism and Zen meditation. Students also will have the

opportunity to practice the physical postures and breathing techniques of yoga each week during our Friday morning yoga practice sessions. The other classes in this FIG will enhance our understanding of these topics.

**Religious Studies 102: “Exploring Religion in Sickness and in Health”** – An introduction to the study of religion through the lens of health and health through the lens of religion employing approaches from the humanities and social sciences in conversation with health-related disciplines. It asks questions such as: How do religious peoples understand and live in sickness and health? How do people connect physical well-being to spiritual well-being? Medicine to meaning-making? How does looking at religion in sickness and health provide insight into its roles in a variety of cultures and contexts, globally and locally? How do health and religion connect particularly in situations of social marginalization and immigration? How does religion impact understandings of health and sickness beyond the borders of specific religious communities?

**Nutritional Sciences 203: “Introduction to Global Health”** – The class will be divided into

four loosely intertwined sections including agriculture and health, nutrition and health, the burden and origins of disease, and policy as it relates to education, natural disasters and systems. You will:

- appreciate links between agriculture, food, nutrition and health, including how agricultural technologies contribute to feeding and nourishing the world’s population;
- understand how public health principles are applied to global health;
- understand the impacts of agricultural products on nutrition through availability, quality, and prevention;
- explain strategies to promote health and prevent disease, focusing on nutrition and strategies from multiple disciplines;
- be introduced to diseases of major global impact and metrics used to determine burdens of disease;
- appreciate the importance of ecology and the changing environment on issues related to epidemiology and management of disease; and
- understand career opportunities that could contribute to improved global health. ●

[more on the other side](#)

# Yoga in Poetry and Pose

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FIG 73 • Fall 2019

|          | MONDAY                                  | TUESDAY                               | WEDNESDAY                               | THURSDAY                              | FRIDAY                                    |
|----------|---|---------------------------------------|---|---------------------------------------|---|
| 8:00 am  |   |                                       |   |                                       |   |
| 9:00 am  |   | COMP LIT 203<br>LEC 4<br>8:00–9:15 am |   | COMP LIT 203<br>LEC 4<br>8:00–9:15 am |   |
| 10:00 am |   |                                       |   |                                       |   |
| 11:00 am |   |                                       |   |                                       |   |
| 12:00 pm | RELIG ST 102<br>LEC 1<br>11:00–11:50 am |                                       | RELIG ST 102<br>LEC 1<br>11:00–11:50 am |                                       | COMP LIT 203<br>DIS 328<br>11:00–11:50 am |
| 1:00 pm  |   |                                       |   |                                       | RELIG ST 102<br>DIS 310<br>12:05–12:55 pm |
| 2:00 pm  |   |                                       |   |                                       |   |
| 3:00 pm  |   | NUTR SCI 203<br>LEC 1<br>2:30–3:45 pm |   | NUTR SCI 203<br>LEC 1<br>2:30–3:45 pm |   |
| 4:00 pm  |   |                                       |   |                                       |   |
| 5:00 pm  |   |                                       |   |                                       |   |
| 6:00 pm  |   |                                       |   |                                       |   |

## 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.

## MAIN CLASS

### Comparative Literature 203 Yoga in Poetry and Pose

LEC 4: TR 8:00–9:15 +  
DIS 328: F 11:00–11:50

- Literature
- Elementary
- Honors Optional

credits: 3

class number: **61562**

## LINKED CLASS

### Religious Studies 102 Exploring Religion in Sickness and Health

LEC 1: MW 11:00–11:50 +  
DIS 310: F 12:05–12:55

- Humanities or Social Science
- Elementary

credits: 3

class number: **59198**

## LINKED CLASS

### Nutritional Sciences 203 Introduction to Global Health

LEC 1: TR 2:30–3:45

- Social Science
- Elementary

credits: 3

class number: **41376**



University of Wisconsin–Madison • [figs.wisc.edu](http://figs.wisc.edu)

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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