

# YOGA STUDIES, M.A.

## Learning Outcomes of the M.A. Program in Yoga Studies

1. Graduates will gain knowledge of the Sanskrit language and the history and philosophy of Yoga traditions.
2. Graduates will understand the human physiological experience from Western and Yogic perspectives.
3. Graduates will understand the effects of Yoga practices on the human body.
4. Graduates will gain and apply knowledge of the spiritual and ethical dimensions of Yoga.
5. Graduates will understand modern Yoga in the context of historical and sociological developments.
6. Graduates will demonstrate effective research, evaluation, and writing skills on focused topics in Yoga.
7. Graduates who pursue the Yoga Therapy option will demonstrate competency in designing and implementing safe evidence-based therapeutic Yoga practices for individuals and groups with a variety of health conditions.

## Degree Requirements

Each Summer semester a new class will be welcomed as a cohort. The cohort will continue together as a group for the first year including the Summer, Fall, and Spring semesters. In the second year, students are able to choose courses within Graduate Yoga Studies coursework to focus their study on solely Yoga Studies or add courses in Yoga Therapy.

The total time to complete the Residential M.A. in Yoga Studies will be 21 months (36 semester units) or 21 months for the Residential M.A. with Yoga Therapy concentration (39 semester units). Accommodations will be made to ensure students on a Residential pathway are able to complete required classes that are offered during alternating years.

Total time to complete the Low Residency M.A. in Yoga Studies is 33 months (36 semester units) or 33 months for the Low Residency M.A. with Yoga Therapy concentration (39 semester units).

Yoga Therapy for Musculo-Skeletal Ailments is required for all students seeking the Yoga Therapy Concentration and Post Graduate Yoga Therapy Certificate. This satisfies the certificate requirement for MA completion.

Admission to the program is available only for the **Summer Session II** semester.

As a pre- or co-requisite for completion of the M.A. Yoga Studies degree (with Yoga Studies or Yoga Therapy focus area option), each student must successfully complete one of the following LMU Yoga Studies Certificates: Yoga Philosophy, Yoga Therapy for Musculo-Skeletal Ailments, YogaEd, or a 200 hour LMU partnership Yoga Teacher Training OR will be allowed, upon review, to transfer six post-graduate credits from another institution in an area related to Yoga Studies.

## Curriculum Residential M.A., Yoga Studies

Course	Title	Semester Hours
<b>First Year</b>		
<b>Summer</b>		
YGST 6015	Foundations of Yoga Studies	3
<b>Semester Hours</b>		<b>3</b>
<b>Year 1</b>		
<b>Fall</b>		
YGST 6005	Sanskrit I	3
YGST 6020	Yoga Philosophy: Text and Practice	3
<b>Semester Hours</b>		<b>6</b>
<b>Spring</b>		
YGST 6010	Health Science and Yoga I	3
YGST 6027	Sanskrit II	3
YGST 6030	Hatha Yoga Texts	3
<b>Semester Hours</b>		<b>9</b>
<b>Summer</b>		
YGST 6040	Buddhism and Yoga	3
YGST 6041	Jain Yoga	3
<b>Semester Hours</b>		<b>6</b>
<b>Year 2</b>		
<b>Fall</b>		
YGST 6028	Sanskrit III	3
YGST 6055	Modern Yoga, Mindfulness, Social Change	3
YGST 6082	Comparative Mysticism	3
<b>Semester Hours</b>		<b>9</b>
<b>Spring</b>		
YGST 6096	Writing and Research Seminar	3
<b>Semester Hours</b>		<b>3</b>
<b>Minimum Semester Hours</b>		<b>36</b>

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This course takes place on the LMU campus as a 10 day intensive course in late August. Exact dates will vary.

## Residential M.A. Yoga Studies (Yoga Therapy Option)

Course	Title	Semester Hours
<b>First Year</b>		
<b>Summer</b>		
YGST 6015	Foundations of Yoga Studies	3
<b>Semester Hours</b>		<b>3</b>
<b>Year 1</b>		
<b>Fall</b>		
YGST 6005	Sanskrit I	3
YGST 6020	Yoga Philosophy: Text and Practice	3
<b>Semester Hours</b>		<b>6</b>
<b>Spring</b>		
YGST 6010	Health Science and Yoga I	3
YGST 6027	Sanskrit II	3
YGST 6030	Hatha Yoga Texts	3
<b>Semester Hours</b>		<b>9</b>
<b>Summer</b>		
YGST 6040	Buddhism and Yoga	3
YGST 6041	Jain Yoga	3
<b>Semester Hours</b>		<b>6</b>
<b>Year 2</b>		
<b>Fall</b>		
YGST 6060	Health Science and Yoga II	3

YGST 6070	Yoga Therapy Applications	3
YGST 6055 or YGST 6082	Modern Yoga, Mindfulness, Social Change or Comparative Mysticism	3
YGST 6082	Comparative Mysticism	3
Semester Hours		12
Spring		
YGST 6080	Yoga Therapy Practicum	3
YGST 6096	Writing and Research Seminar	3
Semester Hours		6
Minimum Semester Hours		42

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Low Residency M.A. Yoga Studies

Course	Title	Semester Hours
First Year		
Summer		
YGST 6015	Foundations of Yoga Studies	3
Semester Hours		3
Year 1		
Fall		
YGST 6005	Sanskrit I	3
YGST 6020	Yoga Philosophy: Text and Practice	3
Semester Hours		6
Spring		
YGST 6010	Health Science and Yoga I	3
YGST 6027	Sanskrit II	3
Semester Hours		6
Summer		
Select one of the following:		
YGST 6040	Buddhism and Yoga (offered every odd summer)	
YGST 6041	Jain Yoga (offered every even summer)	
Semester Hours		0
Year 2		
Fall		
YGST 6028	Sanskrit III	3
YGST 6082	Comparative Mysticism	3
Semester Hours		6
Spring		
YGST 6030	Hatha Yoga Texts	3
Semester Hours		3
Summer		
Select one of the following:		
YGST 6040	Buddhism and Yoga (offered every odd summer)	
YGST 6041	Jain Yoga (offered every even summer)	
Semester Hours		0
Year 3		
Fall		
YGST 6055	Modern Yoga, Mindfulness, Social Change	3
Semester Hours		3
Spring		
YGST 6096	Writing and Research Seminar	3
Semester Hours		3
Minimum Semester Hours		30

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Low Residency M.A. Yoga Studies (Yoga Therapy Option)

Course	Title	Semester Hours
First Year		
Summer		
YGST 6015	Foundations of Yoga Studies	3
Semester Hours		3
Year 1		
Fall		
YGST 6005	Sanskrit I	3
YGST 6020	Yoga Philosophy: Text and Practice	3
Semester Hours		6
Spring		
YGST 6010	Health Science and Yoga I	3
YGST 6027	Sanskrit II	3
Semester Hours		6
Summer		
Select one of the following:		
YGST 6040	Buddhism and Yoga (offered every odd summer)	3
YGST 6041	Jain Yoga (offered every even summer)	3
Semester Hours		6
Year 2		
Fall		
YGST 6060	Health Science and Yoga II	3
YGST 6070	Yoga Therapy Applications	3
Semester Hours		6
Spring		
YGST 6030	Hatha Yoga Texts	3
YGST 6080	Yoga Therapy Practicum	3
Semester Hours		6
Summer		
Select one of the following:		
YGST 6040	Buddhism and Yoga (offered every odd summer)	
YGST 6041	Jain Yoga (offered every even summer)	
Semester Hours		0
Year 3		
Fall		
YGST 6055	Modern Yoga, Mindfulness, Social Change	3
or YGST 6082	or Comparative Mysticism	
Semester Hours		3
Spring		
YGST 6096	Writing and Research Seminar	3
Semester Hours		3
Minimum Semester Hours		39

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