



BAHAMAS

Yoga, Meditation, and Spiritual Development

PROGRAM DESCRIPTION

Yoga, Meditation, and Spiritual Development: Study Abroad Bahamas is held at the Sivananda Ashram on Paradise Island in Nassau, Bahamas. Through a concentrated study of yoga asanas (postures), meditation techniques, pranayama (breath control), guest lectures, and philosophical and religious scriptures and dialogue, students will engage in both the theory and practical applications of yoga and related spiritual disciplines within the concentrated environment of a traditional yoga ashram. The program includes lectures by world renowned speakers from a variety of traditions, daily Yoga classes, delicious vegetarian meals, and some recreational time for swimming and snorkeling.

LOCATION DESCRIPTION

The Yoga Retreat is located across the bay from Nassau, Bahamas, on a pristine white sand beach and five and ½ acres of lush tropical gardens. With its celebrated lineage of yogic masters, the Sivananda Yoga Retreat offers a rare combination of a traditional ashram with the feel of a Caribbean resort.

HOUSING

The Yoga Retreat provides a diverse array of lodging options to suit individual needs. Program accommodations include options of a tent hut or a dormitory room.

OSA scholarships available. Visit our website for more information:
<http://studyabroad.fiu.edu>

LEVEL OF PHYSICAL ACTIVITY



TERM

Summer A 2016

DATES

On-Campus:

Meeting dates TBA (4-5 meetings)

Abroad:

May 8-15, 2016

COURSES

Select One Only:

REL 3020: Meditation and Spiritual Development

REL 3399: Yoga & the Art of Meditation

REL 4910: Independent Study Abroad

REL 5397: Yoga Theory and Practicum

CREDITS

3 credits

COST

The program cost is Tent Hunt (\$750) or Dorm Room with A/C (\$850) for 7 nights and includes: food, lodging, all lectures, workshops, and programs. The program cost also includes mandatory international health insurance.

The program cost does not include: airfare, the non refundable study abroad fee of \$175, course fee/ tuition (undergraduate \$205.57/credit, graduate \$455.64/credit), in-country transportation, and personal expenses.

PROGRAM INFORMATION

Department of Religious Studies

Dr. Andrea Mantell Seidel

seidela@fiu.edu

DM 320C

(305) 348-4293

<http://studyabroad.fiu.edu>

Ashram Website: <http://www.sivanandabahamas.org/>

Note: FIU is not responsible for delays, changes in itinerary, changes in the content and cost of the program or other matters that are beyond their control.