

**Course Modules:**

**Unit/Topic 1:** Theories of consciousness, Western and IKS perspectives on mind and consciousness, states of consciousness, effects of IKS art/dance forms on the mind, animal and plant consciousness, Supreme consciousness

**Unit/Topic 2:** Anatomy and functionality of the physical body; perspectives from Western medicine and Ayurveda; attention, breath and mind

**Unit/Topic 3:** Diet, Gut-mind connection, sleep, circadian rhythms, meditation

**Unit/Topic 4:** Embryogenesis, concept of subtle body, reincarnation, near-death and out-of-body experiences