

Subject card

Subject name and code	Yoga philosophy in the business world, PG_00206741						
Field of study	Economics, International Economic Relations						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2026/2027		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group Humanistic-social subject group		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	2		Language of instruction		Polish		
Semester of study	4		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Joanna Fryca				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		2.0		18.0	50
Subject objectives	Broadening the cognitive perspective and supplementing the knowledge, skills and competences acquired in the field of economics with issues related to the philosophy of yoga and its connections with the world of business.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[MSGL3_W10] knows selected methods and tools, including IT tools and data acquisition techniques, which make it possible to describe and analyse economic entities operating on the international market; knows the processes and phenomena occurring in them and between them, and processes supporting decision-making	Knows selected methods for describing and analyzing economic entities operating in the international market, as well as the processes and phenomena occurring between individuals and social and economic structures, and the processes that support decision-making	[SW3] text preparation/written work
	[EKONL3_W06] has an advanced knowledge of selected methods and tools, including statistical and econometric techniques, for describing economic agents and structures as well as social institutions and the processes taking place in them	has in-depth knowledge of man as an entity creating and functioning in socio-economic structures, knows the motives behind his economic decisions also in the context of internal values, well-being, mindfulness and self-knowledge, in accordance with the principles of yoga philosophy	[SW3] text preparation/written work
	[EKONL3_K06] is willing to be guided in his professional life by business ethics and corporate social responsibility, to respect others and to be loyal to his employer	is ready to be guided by business ethics and social responsibility in his professional life, demonstrates an attitude of respect for others, self-discipline, mindfulness and loyalty to the employer, in accordance with the idea of harmony between personal development and ethics of action in the business environment	[SK3] text preparation/written work
	[EKONL3_W01] has advanced knowledge of the nature of social sciences, their place in the system of sciences, knows the role of economic sciences in this system and uses universal economic terminology	has advanced knowledge of the nature of social and economic sciences, understands their role in the interpretation of the relationship between the individual and social and economic structures, is able to analyze economic phenomena from a perspective that integrates economic rationality with philosophical and ethical values, including those drawn from the philosophy of yoga, and, if necessary, consults with the instructor to resolve doubts or solve related problems	[SW3] text preparation/written work
	[MSGL3_K06] is ready to be guided in his/her professional life by business ethics and corporate social responsibility, to respect others and to be loyal to his/her employer	is ready to be guided by business ethics and social responsibility in his/her professional life, is able to develop attitudes of self-reflection, mindfulness and empathy, shows respect for other cultures, values and people, combining professionalism with spiritual and ethical integrity, and, if necessary, consults with the instructor to resolve doubts or solve related problems	[SK3] text preparation/written work
	[MSGL3_W01] has an advanced knowledge of economics sciences, in particular of economics and its place in the system of sciences, including within related disciplines	has advanced knowledge of the nature of social and economic sciences, understands their role in interpreting the relationship between the individual and social and economic structures, is able to analyze economic phenomena from a perspective that integrates economic rationality with philosophical and ethical values, including those drawn from the philosophy of yoga, and, if necessary, consults with the instructor to resolve doubts or solve related problems	[SW3] text preparation/written work

Subject contents	Topic 1. Yoga as a Determinant of Management Behavior Developing inner balance and mental clarity as a foundation for conscious decision-making. The essence of yoga. The influence of yogic practices on reducing impulsive behavior. The role of mindfulness in the analysis of risk and market opportunities. Building an ethical and sustainable approach to resource management. Topic 2. The Philosophical Roots of Yoga An analysis of ancient Indian texts: the Vedas, Upanishads, the Bhagavad Gita, and Patanjali's Yoga Sutras. The principles of balancing body, breath, and mind as the foundation of spiritual development. Translating classical teachings into contemporary management methods. Inspirations for holistic strategies and well-being in organizations. Topic 3. Types of Yoga A chronological division of yoga. Characteristics of Ashtanga Yoga (Raja Yoga), Hatha Yoga, Bhakti Yoga, Karma Yoga, and Jnana Yoga in the context of individual development. Integrating mindfulness elements in business practice. Selecting techniques for the specific needs of leaders and teams. A flexible approach to training and development programs. Topic 4. Yoga Ethics in the Eight-Fold Path (Ashtanga Yoga) Yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi as the eight limbs (paths) of Ashtanga Yoga. Practical implementation of the principles of honesty, responsibility, and compassion in professional relationships. Creating a culture based on mutual trust. The importance of yoga ethics for the long-term development of an organization. Topic 5. Yoga as an Embodied Philosophy. Subtle Human Anatomy Discussion of the five sheaths of human existence (koshas), i.e., the physical, energetic, mental, intellectual, and bliss bodies. The role of energy channels (nadis) and chakras in maintaining balance. Holistic building of employee well-being through space and rituals. Applications in designing a friendly work environment. Topic 6. Stability in Yoga: The Importance of the Physical Body (Asana) The importance of asanas for strengthening the body, flexibility, and endurance in office work. Improving posture and coordination as a preventative measure for the ailments of a sedentary lifestyle. Practical stretching sessions in the daily routine of the company. Asana as a foundation for further breathing and meditation practices. Topic 7. Vitality in Yoga: The Importance of the Energy Body (Prana) Breathing techniques as tools for regulating the flow of life energy, increasing concentration and vitality. The role of breathing in stress management, preventing burnout, and adaptability to rapid market changes. Regular breathing practices as an element of organizational culture. Topic 8. Clarity in Yoga: The Importance of the Mind Body (Manas) Principles of mental functioning. Meditation practices as a tool for removing distractions and negative patterns, improving the ability to focus on business goals. The impact of a purified, clear mind on creative problem-solving. Regular meditation practices as an element of organizational culture. Topic 9. Wisdom in Yoga, or the Importance of the Intellectual Body (Vijnana) Developing intuition and critical thinking through practices of reflection and self-discovery. Eliminating formulaic decision-making through deeper discernment. Creating a competitive advantage based on wisdom and a profound understanding of processes. Topic 10. Happiness in Yoga, or the Importance of the Divine Body (Ananda) Experiencing inner joy independent of external conditions as a result of the harmony of the five bodies. Strengthening mental resilience and a positive attitude within the team. Creating an inspiring work climate through practices that support happiness. The role of the leader as a catalyst for a culture of happiness. Topic 11. Integrated Mechanisms of Yoga that Impact the Leader The synergy of yogic practices in building holistic leadership competencies. The impact of simultaneous work with the body, breath, and mind on soft skills. Improving stress resistance, concentration, and empathy. A model for comprehensive leadership development. Topic 12. The Impact of Yoga on Human Economic Behavior at the Micro Level The role of yoga in shaping individual entrepreneurial behavior and consumer behavior, i.e., the supply and demand sides of the market. Changing consumer and financial habits through increased self-awareness. Shifting from short-term gratification to long-term investments in development and well-being. Building ethical behavioral patterns at the individual level. Topic 13. The Impact of Yoga on the Functioning of Enterprises at the Mezzo Level The role of yoga in improving the quality of business management. Implementing yoga practice programs in entities as a tool for team integration and increased engagement. Reducing absenteeism and improving the work atmosphere through regular asana and meditation sessions. Building a culture based on cooperation, support, and mutual trust. Synergy effects on efficiency, innovation, and the ethics of business activities. Topic 14. The Impact of Yoga on the Economic System at the Macro Level The role of yoga in the functioning of the entire economic system of a given region		
Prerequisites and co-requisites	Interest and willingness to learn about the philosophy of yoga and its multifaceted impact on the nature of economic relations.		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	essay	51.0%	100.0%

Recommended reading	Basic literature	1. Fryca J., <i>Joga a ekonomia, czyli kilka refleksji o użyteczności jogi w poprawie jakości gospodarowania</i>, Współczesna Gospodarka, 2024, Tom 18, Nr 2 (42), s. 83-94. 2. Iyengar B.K.S., <i>Joga światłem życia. Wewnętrzna podróż ku przemianie</i>, Galaktyka, Łódź 2006. 3. Kofman F., <i>Świadomy biznes. Jak budować wartość poprzez wartości</i>, Galaktyka, Łódź 2019. 4. Stec K., <i>Joga i relaks jako elementy zdrowia publicznego</i>, [w:] <i>Aktywność fizyczna i problematyka stresu</i>, red. A. Biskupek-Wanot, B. Wanot, K. Kasprowska-Nowak, WN Uniwersytetu Humanistyczno-Przyrodniczego im. Jana Długosza w Częstochowie, Częstochowa 2020, s. 138-162. 5. Włodarczyk K., <i>Działania firm wspierające zdrowy styl życia pracowników</i>, Przedsiębiorczość i Zarządzanie, 2019, 6(3), s. 227237.
	Supplementary literature	1. Bogle J.C., <i>Dość. Prawdziwe miary bogactwa, biznesu i życia</i>, PTE Warszawa 2009. 2. <i>Bhagavadgita, czyli pieśń Pana</i>, Zakład Narodowy im. Ossolińskich, Wrocław 1988. 3. Chopra D., Simon D., <i>Joga. Siedem duchowych praw z ćwiczeniami</i>, Wydawnictwo Studio Emka, Warszawa 2009. 4. Culadasa, Immergut, M., & Graves, J., <i>Umysł oświecony. Jak buddyizm i neuronauka łączą się w praktyce mindfulness, aby osiągnąć najwyższy stan skupienia</i>, Wydawnictwo Studio Astropsychologii, Białystok 2023. 5. Dandapani, <i>Moc koncentracji. Jak nauczyć się trudnej sztuki skupiania uwagi</i>, Warszawa 2024 Wydawnictwo Czarna Owca. 6. Hausner J., <i>Spółeczna czasoprzestrzeń gospodarowania. W kierunku ekonomii wartości</i>, Wydawnictwo Nieoczywiste, Warszawa 2019. 7. Iyengar B.K.S., <i>Światło Jogasutr Patańdzalego</i>, Galaktyka, Łódź 2011. 8. Marcinkowska-Rosół M., <i>Hathapradipika. Wstęp, tekst, przekład z objaśnieniami</i>, Wydawnictwo UAM, Poznań 2018. 9. Sadhguru, <i>Inżynieria wnętrza. Z joginem po radość życia</i>, Galaktyka, Łódź 2023. 10. Sokołowska J., <i>Duchowość w zarządzaniu wybrane zagadnienia</i>, Annales. Etyka w Życiu Gospodarczym, 2012, 15(1), 347353. 11. Swami Rama, Swami Ajaya, Ballentine R., <i>Joga a psychoterapia. Zawitości ludzkiej psyche</i>, Helion, Gliwice 2023.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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