

**Course:**

**HHP 046 Yoga I**

**1 hour**

**Departments/Programs:**

Health and Human Performance

A course designed to promote health, alleviate stress, improve skeletal alignment, and increase muscular strength and flexibility. Students will learn a series of physical postures (asanas) as well as practical methods for relaxation, breathing techniques (pranayama), and concentration designed to balance the mind, body and spirit.

Pass/Fail only.