

HHP 1150 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.