**Nebraska Wesleyan University**

# HHP 1150 Yoga I

## Catalog

2025-2026

## Course Description

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.
(Normally offered each semester.)

## Course Hours

1 hour

## Departments

1. Health and Human Performance (Undergraduate)