Nebraska Wesleyan University

HHP 1150 Yoga I

Catalog

2026-2027

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)