



LIFESTYLE/WELLNESS

YOGA 15, 25

OVERVIEW

Yoga 15 and Yoga 25 offer students the opportunity to study and practice basic postures, breathing techniques, relaxation methods, the history of yoga as well as provide an understanding of anatomy and physiology relating to yoga.

Yoga poses are designed to build strength, flexibility, improve stability and balance to the body allowing posture to improve so we can sit, stand, and walk with greater ease. It develops an understanding of body mechanics, healthy movement patterns, and ideal postural alignment.

The nervous system can experience a state of calm so that we become aware of what it means to deeply relax. Stress management, concentration, healthy body image and acceptance can also be discovered through yoga practice.

A good yoga practice reinforces the importance of a healthy lifestyle and awareness of the body and mind.

YOGA 15 (5 CREDITS)
NO prerequisite

YOGA 25 (5 CREDITS)
Prerequisite: successful completion of Yoga 15.