
SECTION HEADING

PHED 1126: Beginning Yoga

Description

Beginning Yoga teaches methods and techniques of hatha yoga with an emphasis on the vinyasa style. Promotes the fitness and health benefits of mind-body awareness.

Credits

1

Prerequisite

None

Corequisite

None

Topics to be Covered

1. Physical Postures
2. Sun Salutation
3. Breathing Techniques
4. Meditation
5. Mantra/Chants

Learning Outcomes

1. Perform a variety of yoga postures.
2. Recognize and identify postures in a Sun Salutation.
3. Regulate breathing as a form of meditation.

Credit Details

Lecture: 0

Lab: 1

OJT: 0

MnTC Goal Area(s): None