

PE 182J : Gentle Yoga

Introduces Vinyasa yoga techniques to better manage stress. Incorporates a dynamic series of poses performed at a gentle pace. Covers basic yoga philosophy, asanas, pranayama, meditation and relaxation for a holistic approach to better health and wellness. Recommended for students with limited abilities and beginners who are not ready for Yoga I.

All gentle yoga students are required to participate in a one on one meeting with the instructor to assess the student's physical and mental needs and goals. Based on the result of the one on one meeting, the class will be adjusted to the overall needs of the students. An average class includes asanas for the major muscle groups, breathing techniques, balance activities, and skills for stress management. This course utilizes the use of equipment to help tailor fit the class to each individual student.

Credits 1

Subject

[Physical Education](#)

Course Outcomes

Upon completion of this class students should be able to:

- Utilize skills developed through participation in Vinyasa yoga to help maintain lifelong health and fitness.
- Apply Vinyasa yoga principles, language and techniques to physical conditioning programming.