

PE 182K : Yoga I

Introduces the values and skills of Hatha yoga. Includes basic yoga philosophy and exercises for increased flexibility, improved health, relaxation, and reduced stress in daily living.

An average class includes asanas (exercises) for the major muscle groups, breathing techniques, balance activities, and skills for stress management. Course includes teacher directed activity, outside class research, planning, and study, films, videotapes, and the practice of relaxation techniques.

Credits 1

Subject

[Physical Education](#)

Course Outcomes

Upon completion of the course students should be able to:

- Improve physical conditioning related to flexibility through participation in Hatha yoga.
- Develop and maintain a personal yoga practice.