

Yoga I - PE178

Section: PE178 002192S Newton

Section Type: Lecture

Credit Hours: 1.00

Course Description: Beginning yoga postures (asanas) in combination with breathing techniques to develop strength, flexibility, balance, and relaxation. Sun salutations, vinyasa (flow), and balancing poses will be practiced.

WHEN

Days: W

Times: 12:00 PM - 02:00 PM

Start Date: 01/15/2020

End Date: 05/06/2020

WHERE

Campus: Newton

Building: Newton Axtell Center

Room: NWA220

INSTRUCTOR

LEANNA PRATHER

BOOKS

No textbooks for this course.