Course Prefix and Number: PED 109  
Credits: 2

Course Title: Yoga

Course Description (including lecture hours, lab hours, total contacts)

Focuses on the forms of yoga training emphasizing flexibility. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose

This is an introductory course on the basic movements of yoga, breathing, and postures.

Course Prerequisites/Corequisites (Entry-level competencies required for enrollment):

None

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

a. Have a deeper understanding of Yoga philosophy, Asanas, Pranayama, and meditation.
   b. Develop a spiritual understanding of this ancient practice.
   c. Refine skills through practice and repetition.

Major Topics to be Included

a. Building strength, balance, and flexibility
   b. Proper body alignment for safety and maximum energetic benefit
   c. Stress management and relief through meditation and breathing exercises

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008