

DNC 136 - BIKRAM YOGA II

Course Description

A continuation of the original Hot Yoga, 105 degrees, pure, powerful, authentic, unchanged, taught exactly as Hatha Yoga Master Bikram Choudhury intends it to be taught. 26 poses, 2 breathing exercises, 90 minutes, plus heat. Prerequisite: good heart health and not pregnant. Group 2 course.

Credit Hours

1

Contact Hours

2

Recitation Hours

2

Course Learning Outcomes

Knowledge:

- Explain the purpose of Bikram Yoga practice including the benefits for the body, breath and mind.

Application:

- Demonstrate advanced poses with proper breathing techniques.

Integration:

- Integrate poses, breathing and relaxation techniques.

Human Dimension:

- Reflect on the importance of inner balance created by doing Bikram Yoga.

Caring - Civic Learning:

- Demonstrate caring by respecting other's space while doing Bikram Yoga within community settings.

Learning How to Learn:

- Utilize Bikram Yoga to benefit their health in daily practice.