

DNC 132 - YOGA II

Course Description

Yoga techniques focus on understanding and controlling the body, the breath, and the mind through exercises (asans), breathing techniques (pranayamas), and meditation training (quieting the mind and body). Yoga poses are designed to develop strength and give maximum flexibility to the muscular, skeletal, and nervous systems with special emphasis on building a strong, supple spine. Benefits include improved circulation, hormonal balance, poise, and a more stable emotional nature. Learning proper breathing will help you cope with stress and increase your energy level. Wear loose, comfortable, layered clothing and plan to work barefooted. Bring two blankets, a mat, and a bath towel. Group 2 course. Prerequisite(s): DNC 131 or instructor permission.

Credit Hours

1

Contact Hours

2

Recitation Hours

2

Required Prerequisites

DNC 131

Course Learning Outcomes

Knowledge:

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

Application:

- Demonstrate basic poses with proper breathing techniques.

Integration:

- Integrate poses, breathing and relaxation techniques.

Human Dimension:

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

Caring - Civic Learning:

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

Learning How to Learn:

- Utilize Yoga to benefit their health in daily practice.