

# DNC 135 - BIKRAM YOGA I

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## Course Description

This is 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.