

Yoga



Course Description

- ▶ This class will allow students an opportunity to build strength, perfect posture, increase blood flow, assist in developing a healthy lifestyle, release tension, develop coping skills, encourage self-care, and increase self-esteem.
- ▶ Students will learn basic postures, breathing techniques, and relaxation methods of yoga.

Benefits of Yoga

- ▶ Strength
- ▶ Flexibility
- ▶ Balance
- ▶ Breathing
- ▶ Meditation



Tree



Cobra



Triangle



Lotus (Half)

Course Goals

- ▶ Acquire the basic skills of a yoga practice
- ▶ Develop an understanding of yoga etiquette and terminology
- ▶ Achieve and maintain a health-enhancing level of physical fitness
- ▶ Develop skills, knowledge and interest to independently maintain a regular yoga practice
- ▶ Develop an understanding of individual differences and acquire a non-competitive, positive self image in regard to their own body and yoga practice
- ▶ Experience immediate and long term benefits of yoga practice



Yoga and PE

COURSE NUMBER - 60070