

Basic Hatha Yoga

This course covers a series of basic yoga poses designed to increase body awareness, improve flexibility, and reduce muscular tension. An introduction to breathing exercises, which improve mental clarity and support relaxation, is also given. Yoga helps one, not only experience a greater state of physical health, but also enhances mental peace.

In order to receive credit for this class, the student is expected to arrive in a timely manner for class, wear loose, comfortable clothing, and make an effort to participate in as much of the class as the individual's body allows. If a student misses more than 3 classes, he/she will have to schedule a make-up session with the instructor.