

KINE 2150 : Yoga II

Expanding and building on the “Sun Salutation.” Teaching Vinyasa yoga combinations, Asana and expanding on various Pranayama, mudras and mantra techniques for relaxation and stress relief. Introduction to Agni Yoga and developing a personal practice. Deeper understanding of the Chakra system and relaxation techniques. Three hours per week. One hour credit.

Credits 1

Lecture Hours 0

Lab Hours 3

Clinical Hours 0

CIP

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