

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 109

Credits: 2

Course Title: Yoga

Course Description (including lecture hours, lab hours, total contacts)

Focuses on the forms of yoga training emphasizing flexibility. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose

This is an introductory course on the basic movements of yoga, breathing, and postures.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*):

None

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. Have a deeper understanding of Yoga philosophy, *Asanas, Pranayama, and meditation*.
- b. Develop a spiritual understanding of this ancient practice.
- c. Refine skills through practice and repetition.

Major Topics to be Included

- a. Building strength, balance, and flexibility
- b. Proper body alignment for safety and maximum energetic benefit
- c. Stress management and relief through meditation and breathing exercises

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008