

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

**Course Prefix and Number:** PED 109

**Credits:** 1

**Course Title:** Yoga

**Course Description:** Focuses on the forms of yoga training emphasizing flexibility. Part I of II. Laboratory 2 hours.

**General Course Purpose:** This is an introductory course on the basic movements of yoga, breathing, and postures.

**Course Prerequisites and Co-requisites:**  
None

**Course Objectives:**

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

- a. Understand concepts of yoga, including philosophy, *Asanas*, *Pranayama*, and *meditation*;
- b. Demonstrate proficiency in basic yoga postures;
- c. Identify the benefits of yogic breathing and meditation; and
- d. Develop and/or identify personal wellness/exercise goals using SMART planning method, focused on the improvement of yoga practice.

**Major Topics to Be Included:**

- a. SMART planning method
- b. Building focus, strength, balance, and range of motion
- c. Proper body mechanics to ensure safety
- d. Stress management and relief through meditation and breathing exercises
- e. Intro to energy centers
- f. Yogic lifestyle

**Effective Date of Course Content Summary:** September 14, 2015