

## COURSE DETAIL

### YOGA

**Country**

Korea, South

**Host Institution**

Korea University

**Program(s)**

Korea University

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Physical Activities

**UCEAP Course Number**

23

**UCEAP Course Suffix****UCEAP Official Title**

YOGA

**UCEAP Transcript Title**

YOGA

**UCEAP Quarter Units**

0.50

**UCEAP Semester Units**

0.30

## Course Description

This class covers asana and hatha yoga, breathing techniques, and alignment of the body.

## Language(s) of Instruction

Korean

## Host Institution Course Number

PHEK123

## Host Institution Course Title

YOGA

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Physical Education

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