

COURSE DETAIL

TEACHING METHODS IN YOGA

Country

Korea, South

Host Institution

Yonsei University

Program(s)

Yonsei University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Activities

UCEAP Course Number

22

UCEAP Course Suffix**UCEAP Official Title**

TEACHING METHODS IN YOGA

UCEAP Transcript Title

TEACHING YOGA

UCEAP Quarter Units

0.50

UCEAP Semester Units

0.30

Course Description

Through the practice of Hatha Asana (yoga postures) and Pranayama (breath control), this course aims at increasing flexibility, strength and endurance, finding physical and mental balance, and experiencing an increase of energy, concentration and inner relaxation.

Language(s) of Instruction

English

Host Institution Course Number

PED2808

Host Institution Course Title

TEACHING METHODS IN YOGA

Host Institution Campus**Host Institution Faculty****Host Institution Degree****Host Institution Department**

Physical Education

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