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 Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Physical Education

Course Last Reviewed

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