

# 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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