COURSE DETAIL

YOGA
Country Japan
Host Institution Waseda University
Program(s) Waseda University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Activities
UCEAP Course Number 11
UCEAP Course Suffix
UCEAP Official Title YOGA
UCEAP Transcript Title YOGA
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description
Through yoga breathing techniques, poses, and meditation, students observe their present state of mind and physical condition, and cultivate a self that can build a richer life with a flexible mind and body. By facing the body and mind, we are free from stress and pressure and suggest yoga that leads to performance improvement in various situations.

Language(s) of Instruction
Japanese

Host Institution Course Number
HPEX101W

Host Institution Course Title
YOGA

Host Institution Course Details

Host Institution Campus
Waseda University

Host Institution Faculty

Host Institution Degree

Host Institution Department
Global Education Center

Course Last Reviewed

Print