

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 Campus

Waseda University

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

Global Education Center

[Print](#)