

## COURSE DETAIL

### YOGA

**Country**

China

**Host Institution**

Peking University, Beijing

**Program(s)**

Peking University

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Physical Education

**UCEAP Course Number**

2

**UCEAP Course Suffix****UCEAP Official Title**

YOGA

**UCEAP Transcript Title**

YOGA

**UCEAP Quarter Units**

0.50

**UCEAP Semester Units**

0.30

## Course Description

The practice teaching of this course mainly teaches the basic practice of yoga, including yoga breathing, postures, pranayama and yoga rest. The theory teaching section of this course mainly teaches the definition, origin, development stage, meridian and chakra of yoga, and how yoga promotes the physical and mental health of modern people.

### Language(s) of Instruction

Chinese

### Host Institution Course Number

04130440

### Host Institution Course Title

YOGA

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

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