COURSE DETAIL

YOGA
Country Japan
Host Institution Tohoku University
Program(s) Engineering and Science
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Activities
UCEAP Course Number 13
UCEAP Course Suffix
UCEAP Official Title YOGA
UCEAP Transcript Title YOGA
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

This course teaches yoga asanas (poses) and how their sequences affect one's mind and body. Course participants will also practice sitting quietly without the use of smartphones or other electronic devices, reflecting on its effects. Additionally, class participants will share traditional therapeutic diets and treatments from their home countries. A report is expected to be submitted during the final week of the class.

Language(s) of Instruction
English

Host Institution Course Number
N/A

Host Institution Course Title
INTRODUCTION TO HEALTH WORKOUTS IN THEIR COUNTRY AND THE PRACTICE OF INTERNATIONAL HEALTH MOVEMENT YOGA

Host Institution Course Details

Host Institution Campus
Tohoku University

Host Institution Faculty

Host Institution Degree

Host Institution Department
Collegewide

Course Last Reviewed
2024-2025

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