
2024-25 ACADEMIC COURSES

YOG 101 : YOGA I

In this course, students will explore introductory practices and philosophy of Hatha Yoga. Hatha yoga is a progressive practice of eight disciplines referred to as limbs. The eight limbs include: social restraints, personal observances, yoga postures, breath regulation, withdrawal of the senses, single pointed focus, full absorption and enlightenment. The philosophy of the eight-limbed path of Hatha yoga is complete liberation from human suffering. Students will be able to identify the eight limbs and demonstrate posture, breath regulation and meditation practices. Level I Prerequisite: Academic Reading Level 3; Academic Writing Level 2

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Description	Hours
Credits	2
Lecture Hours	0
Clinical Hours	0
Lab Hours	0
Other Hours	30
Total Hours	30

Accurate as of 04/25/2025 Information is subject to change without notice.