
2024-25 ACADEMIC COURSES

YOG 102 : YOGA II

In this course, students will deepen their understanding of Hatha Yoga through the exploration of introductory and intermediate Hatha Yoga practices and philosophies. Hatha Yoga is a practice that seeks to achieve balance by quieting the mind and purifying the body, and offers a path to achieve liberation or freedom from suffering. Students will be able to identify new yoga philosophy concepts and demonstrate further refinement of posture, breath regulation, and meditation practices. This course is the second part of a two-course sequence on the application of fundamental disciplines and postures in yoga.

Level I Prereq: Academic Reading and Writing Levels of 6; YOG 101 minimum grade "C"

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

Accurate as of 02/28/2024 Information is subject to change without notice.