

This course provides students with the opportunity to gain muscular strength, endurance, and balance. The exercises are designed to improve posture, body alignment, core strength and flexibility. Benefits include balance, body awareness, mental focus, and relaxation. The static series of Yoga postures are performed in a warm environment to relax the muscles, increase blood circulation, and strengthen the heart.

Letter Grade, Pass/No Pass

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48-5

# A

None

None

None

Transferable to both UC and CSU

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