

EPE 1055/Y- YOGA
McDaniel College, Budapest campus

Professor

Andrea Sandor

Contact Information

Andreasandor1@gmail.com

Class location:

McDaniel College, Campus in Budapest

Aerobics/Yoga room of the Hungarian University of Veterinary Sciences Course Description

Apparel:

Loose fitting clothes that do not restrict movement. No shoes required.

Instructional Methodology:

This class is an activity and participation course; the specific task/exercise(s) for students to complete will be demonstrated. Students will then complete the task/exercise(s) to the best of their ability.

Course description:

The course focuses on teaching the students the basic asanas of yoga and relaxation. Throughout the class we practice mindful breathing and how to synchronize our breath with movements.

The student may gain health benefits such as improved body posture, increased flexibility, increased muscular endurance and increased muscular strength.

Course Objectives/Student Learning Outcomes:

- Students work within their own comfort level and pace.
- Teach various asanas (postures) using hatha yoga & the Iyengar method.
- Improve strength, flexibility and the sense of well-being.

Grading

Grading will be based on active in-class participation.