

PSY 281 : YOGA AND STRESS MANAGEMENT

This course will study stress management from the perspectives of western science and the eastern practice of yoga. A portion of the class will include study of scientific findings concerning stress and its management, some study of yoga philosophy, and a consideration of the existing scientific studies of yoga. Another portion of the class will involve practice of yoga postures and methods of breathing. GEP for Health and Wellness requirement. Non-European/non-Anglophone.

4.000

Psychology

Interfaith Studies Minor credit. Elective credit. **Does not satisfy a GEP social science. GEP is for health/wellness, activity, and non-Anglo.**