

## HPE 254 : INTERMEDIATE YOGA

This course is a continuation of the work done in Beginning Yoga. Intermediate Yoga will focus on more advanced yoga postures, including standing and seated poses, twists, supine and prone poses, inversions, balancings, and backbends. Yoga philosophy is studied to a greater degree.

1.000

HPE 154 or permission of instructor.

Health and Physical Education

GEP, Elective credit.