

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, Activity, and Non-European/non-Anglophone.**

4.000

Psychology

GEP, Interfaith Studies Minor credit. Elective credit.