

PSY 303: WOMEN'S WELL-BEING AND YOGA

This class is designed to investigate various physical and psychological issues in women's lives, and sequences of yoga poses that are designed to help women cope with these issues. The course will include a review of scientific research on the effectiveness of yoga with various women's issues, and also it will include the philosophy of yoga and how it underpins the yoga postures that we do to help women cope with these issues. Non-European/non-Anglophone/Women's Studies.

Credits: 3

Program: Psychology