

Summer 2020 *Offered Online*

PE112+ 1 credit

YOGA *with Tammy Simms*



The 1-credit option of this course focuses on yoga postures and breathing exercises. The 2-credit option provides a foundation for the understanding and practice of Hatha yoga in its complete form. Course covers yoga postures, breathing exercises, philosophy, and meditation

Monday & Wednesday 9:00 –10:15am

Session 1 5/18 — 6/27 CRN 34460

Session 2 6/29 — 8/8 CRN 34461