

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
PED 120 – YOGA II (2 CR.)**

**Course Description**

Focuses on the forms of yoga training emphasizing flexibility, breathing, and meditation.

**General Course Purpose**

Yoga as an exercise is used to strengthen and stretch the muscles, improve posture and breathing, calm the mind and promote relaxation.

**Course Prerequisites/Co-requisites**

PED 109.

**Course Objectives**

Upon completion of this course, the student will be able to:

- Understand and demonstrate the principles of alignment
- Demonstrate 2-3 breathing techniques properly
- Explain and practice 2-3 meditation
- Identify the muscles involved in the major asanas

**Major Topics To Be Included**

- Review the benefits of yoga
- Muscles involved in the asanas
- Review fundamentals of alignment
- Review fundamentals of basic breathing techniques
- Intermediate postures / asanas
- Intermediate breathing techniques
- Introduce and practice meditation