

YOGA

JNST OOOD

4 Credits

Tuesday/Thursday 11:00am-12:20pm

Prof. Pat Geary

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An introduction to **Hatha Yoga**. We will stretch, breathe, and chant. Hatha Yoga prepares the body, physically and mentally, for meditation and relaxation. In addition to our classes in the Meditation Room, students are expected to maintain journals, read yoga books, and create an independent project of substance. Field trips to other yoga studios are encouraged by not required.