

## **YOGA**

*Requirement area:* **PE or Elective**

*Course code:* PYO001/PYO002

*Grade Level:* 9, 10, 11, 12

*Prerequisite:* Introduction to Fitness

*Length:* 1 semester (0.5 credit), repeatable

*Homework:* 1 hour per week

*Fee:* \$5

*Description:* In this class students will learn the basic principles of yoga as a form of exercise for personal fitness and development of lifelong positive habits. Students are expected to challenge themselves through various styles, poses, and routines in yoga. Students will work in progression from beginning poses to more physically and mentally challenging poses and routines. Students will demonstrate knowledge by creating their own flow routine by semester end. Styles will range from Vinyasa to Power to Restorative while linking mental clarity to flowing movements.