

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 186 (003) - Yoga: Introduction
1 Credit, FALL 2022
W/F 1:30PM-2:45PM
August 24, 2022 to October 7, 2022

Faculty

Name: Reggie Meneses, E-RYT 500, YACEP
Office hours: By Appointment