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

RECR 186 004 – Yoga: Introduction
1 Credit, Spring 2024
M/W 3:00 pm - 4:15 pm RAC 2201
1/16/24-2/28/24

Faculty
Name: Dena Jensen, M.Ed., E-RYT 200
Office Hours: By Appointment
Office Location:
Email Address: djense@gmu.edu

Prerequisites/Corequisites

None

University Catalog Course Description

Introduces students to the practice of Hatha yoga. Emphasizes yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

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