

## PED 123 : Yoga II

This course introduces more detailed aspects of the discipline of yoga. Topics include breathing and physical postures, relaxation, and mental concentration. Upon completion, students should be able to demonstrate advanced procedures of yoga.

**Credits** 1

**Class Hours** 0

**Lab Hours** 2

**Clinical Experience Hours** 0

**State Prerequisite Courses**

[PED 122](#)

### **Notes**

This course has been approved for transfer under the CAA as a pre-major and/or elective course requirement.  
This course has been approved for transfer under the ICAA as a pre-major and/or elective course requirement.