

JNST 000D

YOGA

Fall 2021

Prof. Pat Geary

Tues./Thurs. 11:00-12:20

LAR 210

This course is 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.