

**JNST 000D**

**YOGA**

**Spring 2019**

**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. Field trips to other yoga studios are encouraged but not required.