

DANCE - APPLIED (DANA)

DANA 2500 Intermediate Yoga (1 Credit Hour)

This is an intermediate level vinyasa style yoga class that places an emphasis on the yoga asanas. We will use the breath to flow through sequences of yoga postures, including sun salutations, standing asanas, balancing asanas, arm balances, back bends, and inversions. This will be a rigorous physical experience, and as the semester progresses, advanced yoga postures will be introduced. Priority is given to dance majors and minors.