

HEALTH AND WELLNESS (HW)

HW 297A Topic: Yoga, Pilates, and Your Body (3 credits)

To fully explore health and wellness concepts, this course has both experiential and lecture components. In the studio, students experiment with several forms of exercise, including yoga and Pilates, and learn therapeutic movement concepts from the field of dance/movement therapy. In the classroom, the history, benefits, and contraindications of these disciplines are explored. Students study basic anatomy and its relationship to movement. Video footage of the history and practice of the forms of exercise studied is included.