Foundations of HATHA YOGA: ALIGNMENT & MOVEMENT PRINCIPLES

CSPH 4311
3 Credits | Fall and Spring
For in person dates, visit onestop.umn.edu
Instructor: Katie Schuver

This course will introduce you to the anatomical considerations and understanding critical to executing safe and effective Hatha Yoga instruction. This course includes, as essential to Hatha Yoga, an overview of human gross anatomy and bodily systems (specifically neuro-musculoskeletal and respiratory systems). You will learn and practice foundational concepts of Hatha Yoga and movement, as related to Yoga Asana. Additionally, you will be introduced to methods of effectively communicating these principles as a Hatha Yoga instructor.

Visit z.umn.edu/CSPH4311 for more information.