

NorthWest Arkansas Community College
Division of Social and Behavioral Sciences, Education and
Wellness, Legal and Protective Services

PEAC 1121 (Yoga for Everyone)

Catalog Description:

Yoga for Everyone is a very popular class where students learn about Yoga and practice many poses and sequences. This is a Hatha Yoga class and is appropriate for all levels of Yoga experience (modifications are provided). Class is conducted at Inferno Fitness and Mixed Martial Arts, 1200 SE 14th St, Bentonville. Be prepared to lower stress levels and improve overall health and vitality. A fee will be charged, and text books are not needed.

Credit Hours/Contact Hours/Load Hours:

1/1/1

Target Audience / Transferability:

Beginning Self Defense Tactics is an eight-week course designed for all fitness levels.

Required Materials:

Wear clothes that do not inhibit movement. "Yoga pants," or clothing that stretches easily is appropriate. Mats are available for use, although you may want to bring your own. No textbooks are required for this course.

Attendance:

Attendance will be taken at each class meeting. Students are expected to attend all classes.