Physical Education: Mind-Body Courses

Courses

PEMB 101. Meditation I. 1 Credit.
Repeatable. Fundamentals of body alignment, breathing, mental focus, and relaxation. Philosophy of yoga as it applies to the different styles and methods of meditation, the nature of thought, awareness, and management of thought processes. Repeatable once for a maximum of 2 credits.

PEMB 103. Mindful Meditation. 1 Credit.
Learn and apply mindfulness practices, including mindful movement, breath work, and body scans, that enhance overall well-being by calming the mind, concentrating fully, releasing stress, and being more attentive in the present moment. Improves focus, mood and relieves stress. Repeatable once for a maximum of 2 credits.

PEMB 110. Beginning Yoga. 1 Credit.
All levels introduction to yoga practices. Learn to perform and recognize benefits of commonly used yoga postures. Great for beginners or people who do not have a strong sense of what type of yoga is best for them. Class will explore a variety of styles. Repeatable once for a maximum of 2 credits.

PEMB 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEMB 201. Gentle Yoga. 1 Credit.
Repeatable. Beginning hatha yoga postures to reduce stress, discomfort or pain. Techniques for relaxation and mental focus, breathing patterns, and personal energy. Modify positions to accommodate injury or physical limitations. Increase strength, body alignment, comfort, balance, and flexibility. Repeatable once for a maximum of 2 credits.

PEMB 210. Intermediate Yoga. 1 Credit.
Solidify your understanding of a variety of styles of yoga and master the art of personalizing your practice, Follow up to PEMB 110 Beginning Yoga. Develop a strong foundation and confidence to take with you into any type of yoga, anywhere. Repeatable once for a maximum of 2 credits.

PEMB 211. Hatha Yoga I. 1-2 Credits.
Repeatable. Beginning hatha yoga postures and meditation techniques. Increase strength, balance and flexibility. Improve mental concentration and relaxation with yoga poses and breathing awareness. Relieve tension and fatigue. Repeatable once for a maximum of 2 credits.

PEMB 212. Hatha Yoga II. 1-2 Credits.
Repeatable. Intermediate hatha yoga poses and meditation techniques to improve mental concentration and relaxation. Breathing awareness exercises, mind and body flexibility. Repeatable once for a maximum of 2 credits.
Prereq: PEMB 211 or equivalent.

PEMB 216. Vinyasa Flow Yoga. 1 Credit.
Repeatable. Based on a specialized and dynamic sequence of postures and focused breathing techniques. Participation aids in development of postural strength, stability, and muscular flexibility. All PE activity courses are repeatable once for credit.

PEMB 221. Sports Yoga I. 1 Credit.
Repeatable. Covers important yogic concepts and practices for athletes. Improve your flexibility and strength as you learn yoga techniques, practice, and philosophy. Sequence with PEMB 222. Repeatable once for credit.

PEMB 222. Sports Yoga II. 1 Credit.
Covers advanced yogic concepts and practices for athletes. Improve your flexibility and strength as you learn yoga techniques, practice, and philosophy. Sequence with PEMB 221. Repeatable once for credit.
Prereq: PEMB 221.

PEMB 234. Power Yoga I. 1 Credit.
Practice postures and alignment principles to strengthen the body as well as the lungs and the mind. Emphasis is placed on building muscular endurance and stamina through an athletic, fitness-based approach to flowing yoga poses and breath. Repeatable once for a maximum of 2 credits.

PEMB 305. Aerial Silks Yoga I. 1 Credit.
Breath work and yoga postures for increasing strength and wellness, using the silk hammock as a prop to adjust intensity levels up and down. An emphasis on safe inversions and aided relaxation floating in a silk hammock.

PEMB 310. Yoga Lifelong Practices. 1 Credit.
Advanced studies for students who enjoy the wide variety of styles introduced in other yoga classes and are looking for a deeper more focused practice.
Prereq: At least 2 credits of PEMB coursework.

PEMB 320. Yoga Wellness Techniques. 1 Credit.
Learn and apply effective techniques for managing stress and increasing well-being. In a fun, supportive and calming atmosphere, students will gain lifelong tools for coping with stress. The material will include safe, strengthening asana (poses), breathing, active relaxation, and meditation techniques.

PEMB 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.