Physical Education: Mind-Body (PEMB)

Courses

PEMB 101. Meditation I. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEMB 199. Special Studies: [Topic]. 1-2 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course

PEMB 201. Gentle Yoga. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEMB 203. Restorative Yoga. 1 Credit.
Restorative Yoga offers an opportunity to center your mind and body at a slower pace. Yoga postures (asanas) are held for longer periods of time, encouraging deep focus and relaxation. Props such as bolsters, blankets, and blocks provide support and comfort.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEMB 211. Hatha Yoga I. 1-2 Credits.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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

PEMB 216. Vinyasa Flow Yoga. 1 Credit.
Based on a specialized and dynamic sequence of postures and focused breathing techniques. Participation aids in development of postural strength, stability, and muscular flexibility.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEMB 221. Sports Yoga I. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEMB 305. Aerial Silks Yoga I. 1 Credit.
Yoga postures and breathing techniques are taught using a silk hammock. The silk can make some postures more relaxing and accessible but others more intense and challenging. Strength and balance will be explored at a new level to build on your current yoga practice.
Requisites: Prereq: one from PEMB 210, PEMB 211, PEMB 212, PEMB 213, PEMB 216, PEMB 221, PEMB 222, PEMB 234, PEF 205.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEMB 306. Aerial Silks Yoga II. 1 Credit.
Continue to refine your yoga practice and breathing techniques with more complex use of a silk hammock, making some postures more relaxing and accessible but others more intense and challenging. Strength, balance, and inversions will be explored at a new level to encourage a more intentional connection between mind, body, and breath. Sequence with PEMB 305.
Requisites: Prereq: PEMB 305 or PEMB 310.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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.
Requisites: Prereq: At least 2 credits of PEMB coursework.
Additional Information:
General Limitation applies: Activity Course

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.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEMB 399. Special Studies: [Topic]. 1-2 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course