

Course Title: Yoga and Walking

Teacher: Joe Szpak

Hour 2 - Semester 1 - 2021/22

0.5 Phy Ed Credit

[*Listen to Joe talk about the class*](#)

COURSE INFORMATION:

Course Description:

This class welcomes all ability levels regardless of yoga or exercise experience. The class will be split between yoga and walking. Approximately half the classes will focus on yoga sequences and meditations, while the other half will be walks of approximately 2 miles out in the community. Students will learn and experience how a regular yoga practice and aerobic exercise can improve their physical and emotional well-being. Yoga mats are provided.

Prerequisites:

None

Method of Instruction:

Teacher directed yoga
Independent walking on designated route

Course Objectives (standards):

Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)

Graduate Vision Competencies:

Personal Responsibility, Positive Risk Taker