HES 1041
YOGA FOR BEGINNERS
SUMMER 2010

- 9:30 ~ 10:50 PM (MTWR), Jun 7 ~ July 2
- 1:30 ~ 2:50 PM (MTWR), Jun 7 ~ July 2
- 1:30 ~ 2:50 PM (MTWR), July 6 ~ Aug 2

<Course Description>
Practice basic Yoga postures (Power Yoga), breathing, relaxation, and meditation
Build self-awareness and confidence
Improve flexibility, muscle strength, and stamina

Huston Huffman Center
Room 141
Instructor : Sophie Kim (sophie74@ou.edu, 325-5211)