Course ID: DANC 1609. 1 hour. Repeatable for maximum 2 hours credit. 2 hours lab per week.

Course Title: Pilates, Mindfulness, and Yoga

Course Description: Introduces the skills and concepts of pilates, mindfulness, and yoga for students at any level. Fundamental principles with progressive training in practices to reduce stress, increase energy levels, and enhance concentration and well-being. Awareness of body and mind to develop strength, flexibility, balance, and resiliency.

Athena Title: Pilates, Mindfulness, and Yoga

Semester Course Offered: Offered fall and spring semester every year.

Grading System: S/U (Satisfactory/Unsatisfactory)

Course Objectives: To have an understanding of the basic concepts of pilates, mindfulness, and yoga. Gain a personal awareness of the body through alignment, body mechanics, kinesthetic awareness, and breath work. To have an understanding of neuroplasticity and the mind/body connection. Gain a working knowledge of yoga asanas and breath techniques for well-being. To develop strength, coordination, balance, and flexibility and encourage development of personal ownership of body/mind to promote health and wellness beyond this class and throughout life.

Topical Outline: Introduction to theory and practice of the movement form Applications of theories supporting the movement technique Practice of the exercises Ramifications for application to dance and movement training

Honor Code Reference: All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.