

97-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	有氧瑜珈d1	Serial No. / ID	2421 / CDC6821
Dept.	共同教學中心	School System / Class	大學日間部8年4班
Lecturer	黃宏裕	Full or Part-time	專任
Required / Credit	Optinal / 1	Graduate Class	Yes
Time / Place	(三)56 / K309	Language	Chinese

Introduction

Dynamic Yoga is based on HaTha Yoga and going with energetic breath . And it is composed by 2~3 actions. It can anneal and strengthen physical strength, challenging the extreme of your body ,making your body more lighter and softer, helping your body relax entirely by a series of action.

Outline

- a.Students will be able to recognize
Aerobic Dance and Health-related
Physical Fitness.
- b.Surya-Namaskara
Trikonasana.
Matsyasana

Prerequisite

cardiopulmonary fitness, muscle fitness, flexibility