

98-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育三下:韻律舞H5	Serial No. / ID	2456 / CDC1651
Dept.	共同教學中心	School System / Class	大學日間部8年3班
Lecturer	黃宏裕	Full or Part-time	專任
Required / Credit	Required / 0	Graduate Class	NO
Time / Place	(三)56 / K309	Language	Chinese

Introduction
Fitness Yoga is a gradual developing course with characteristics that based on traditional Yoga, Pilates and Ta-Chi, and integrated the modern medical science and fitness theories. Fitness Yoga combined a series of designed movements with fluency. And through the conscious of controlling breathes and stretched actions, it can improve muscle fitness, prompt flexibility, reduce body fat and ease the pressure. As the physical dimension improves, the mental aspect grows at the same time. Hence, Fitness Yoga is a course that makes body and mind healthier.

Outline
Surya-Namaskara. Trikonasana. Matsyasana Halasana. Salabhaana

Prerequisite
none