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George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 187 003 – Yoga: Intermediate
1 Credit, Spring 2024
M/W 3:00 - 4:15 pm RAC (Recreation and Athletic Complex) 2201
3/13/24-4/24/24

Faculty

Name: Dena Jensen, M.Ed., E-RYT 200
Office Hours: By Appointment
Office Location:
Email Address: djense@gmu.edu

Prerequisites/Corequisites

RECR 186 or Permission from the Instructor

University Catalog Course Description

Emphasizes mastery of yoga asanas (postures) and pranayama (breathing techniques) to enhance