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

RECR 186 005 – Yoga: Introduction
1 Credit, Spring 2024
T/R 3:00 pm - 4:15 pm RAC 2002
1/16/24-2/29/24

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

**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Introduces students to the practice of Hatha yoga. Emphasizes yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

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