

PHYSICAL EDUCATION/ WELLNESS (PEWL)

PEWL 151, STRESS MANAGEMENT 1 (1)

An introduction to a study of the physiological and psychological effects of stress upon the human body. The focus is on the investigation and practical application of specific skills for managing stress throughout one's lifetime.

General Education: GE05, GE08

Typically Offered: Summer, Fall and Spring Semesters

PEWL 186, YOGA I 1 (2)

Students will explore the Yoga philosophy which promotes a healthy mind/body connections to discover a balance in all aspects of life. Class sessions will incorporate Yoga poses, postures, and flexibility exercises to refine, tone and define muscles, while incorporating meditation and breathing techniques.

General Education: GE05

Typically Offered: Summer, Fall and Spring Semesters

PEWL 189, INTRODUCTION TO MEDITATION 1 (1)

This course utilizes a variety of breathing and deep relaxation techniques to explore the basic principles of Meditation, Metaphysics and the seven energy centers in the body (Chakras) in order to develop a philosophy of introspection, self awareness, self exploration, inner peace and harmony within the body.

General Education: GE05, GE08

Typically Offered: Summer, Fall and Spring Semesters