

FIT168 : Kripalu/Hatha Yoga II

A five-week course designed for the student who has completed

[FIT167](#)

. New postures will be introduced, and postures will be held for longer periods of time. Additional breathing techniques will be incorporated. Students will develop a deeper understanding of how the body functions, and how yoga affects these functions. Relaxation techniques will be further developed.

Credits 1

Prerequisite Courses

[FIT167: Kripalu/Hatha Yoga I](#)

Semester Offered

Fall

Spring