

I have copied the course descriptions from c-palms. Use wording from each and your own to describe your course.

<p>Course: Yoga 15023000 & 15023100 HOPE PE: #15063200</p>	
<p>Credit for Graduation: 1.0 Credit – HOPE elective credit</p>	
<p>Pre-requisite:</p>	
<p>Description: HOPE PE: Yoga has evolved through the ages as both a philosophy for living a unified and balanced life and as a system of exercise and personal development. In addition to the physical education content represented in the benchmarks below, specific health education topics within this course include, but are not limited to:</p> <p>Mental/Social Health Physical Activity Components of Physical Fitness Nutrition and Wellness Planning Diseases and Disorders Health Advocacy</p> <p>https://www.cpalms.org/Public/PreviewCourse/Preview/4058</p> <p>Standards for Gymnastics1 (1502300) https://www.cpalms.org/Public/PreviewCourse/Preview/4039</p>	<p>Expectations: Our classroom practice of yoga will consist of a number of movements, postures, and particular ways of breathing designed to relax, strengthen, and develop better body awareness.</p> <p>Our GOALS in this class are to:</p> <ul style="list-style-type: none"> *Have fun doing the exercises and learning sequences of movements, postures, and breath-work to gain strength and flexibility. *Develop an appreciation for Yoga as a way to maintain a healthy body, an open and untroubled mind, and a compassionate heart. *Learn more about ourselves and expand our horizons. *Learn how what we put into our body impacts our current and future physical and mental health. *Learn how to make appropriate accommodations and modifications to support all body types and capabilities.
<p>Resources/Materials: School-issued Yoga mat for each student, Various props for support during poses, Various online resources for Yoga poses, Pilates, breathing techniques, and meditation music/guides.</p>	
<p>Website:</p>	