



La Costa Canyon High School

Physical Education

Yoga

Level of Difficulty	Estimated Homework Time	Prerequisites
X Moderate <input type="checkbox"/> Difficult <input type="checkbox"/> Very Difficult	0-30 minutes	<i><u>District</u></i> 10-12 grade <i><u>Department</u></i> 10-12 grade

Course Description

Yoga has the potential to increase strength, flexibility, and concentration. Students will practice the basic principles and techniques of Hatha Yoga.

Additional Information for Students/Parents

- 10 credits
- Meets high school graduation requirement for PE or electives