

Course Number

ADA-038-01

Course Description

This cross training class consists of Yoga warm ups, stretches and a series of choreographed flows and poses. Dancers will gain flexibility; improve strength and peace of mind in this therapeutic movement class.

Academic Term

22/SP

Instructor

Rutledge, Debra

Location & Meeting Time

Henle Dance Pavilion-108 F 01:30PM-02:45PM

Credits

0.00

Capacity

12

Total Students

12

Academic Department

Dance

Field Of Study

Dance (ADA)