



# YOGA FOR CREDIT

**Earn one credit while stretching, breathing and relaxing.**

## **Hatha Yoga**

**PED 101 001**

**Tuesdays and Thursdays, 11-11:50 a.m., Jan. 20-May 14, 2026**

The beginning yoga poses will be explained along with deep breathing and mindfulness meditation.

## **Vinyasa Yoga**

**PED 121 001**

**Tuesdays and Thursdays, 9:30-10:45 a.m., March 24-May 12, 2026**

Poses which flow from one to the next will be explained along with deep breathing and mindfulness meditation.

# BENEFITS OF YOGA

**Yoga offers a range of physical, mental and emotional benefits, including:**

- Improved Flexibility.
- Better Posture.
- Enhanced Balance.
- Boosted Energy.
- Improved Breathing.
- Stress Reduction.
- Improved Concentration.
- Better Sleep.
- Greater Self-Awareness.
- Improve Mental and Emotional Health.

**For more information, call (708) 456-0300, Ext. 3130.**



Triton College is an Equal Opportunity/Affirmative Action institution.

There's  
a place  
for you.



**Triton College**  
triton.edu

2000 Fifth Ave.  
River Grove, IL 60171  
(708) 456-0300