

# Mus 110: Yoga for Performers

## Music

This class is designed to enhance the development of performers by employing yoga to maintain and promote physical and mental health. Yoga develops core strength, flexibility, coordination, and focus, while reducing anxiety and stress associated with performing in public.

Z-grade

1 Credit

## Instruction Type(s)

- Studio: Studio for Mus 110

## Subject Areas

- [Music, Other](#)

## Related Areas

- [Brass Instruments](#)
- [Conducting](#)
- [Jazz/Jazz Studies](#)
- [Keyboard Instruments](#)
- [Music History, Literature, and Theory](#)
- [Music Pedagogy](#)
- [Music Performance, General](#)
- [Music Technology](#)
- [Music Theory and Composition](#)
- [Music, General](#)
- [Musicology and Ethnomusicology](#)
- [Percussion Instruments](#)
- [Stringed Instruments](#)
- [Voice and Opera](#)
- [Woodwind Instruments](#)

