

# Mus 110: Yoga for Performers

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
- <u>Conducting</u>
- Jazz/Jazz Studies
- <u>Keyboard Instruments</u>
- Music History, Literature, and Theory
- <u>Music Pedagogy</u>
- Music Performance, General
- Music Technology
- <u>Music Theory and Composition</u>
- Music, General
- <u>Musicology and Ethnomusicology</u>
- Percussion Instruments
- <u>Stringed Instruments</u>
- <u>Voice and Opera</u>
- <u>Woodwind Instruments</u>

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.