

Course Name (课程名称):	Yoga and Latin Dance Fitness for Parents (kids 10 or older are welcome)		
Teacher Name (教师姓名)	Shelley Wu Certified Yoga Teacher & ZUMBA Instructor	Phone	858-231-0963
		email	info@drwumindbody.com
Teacher's background and brief (教师及其简介):	Shelley Wu has a Ph.D. in Psychology from the State University Of New York. She started yoga practice since 1992. She is a nationally certified yoga teacher through Yoga Alliance. She has a San Diego based practice as a mind-body therapist and hypnotherapist. She has been teaching yoga classes at YMCA, LA Fitness, Being Fit, Keystone Athletic Center, The North County Chinese School, Huaxia Chinese School, as well as in her own yoga studio. Details at: www.drwumindbody.com .		
Course brief and Description (课程简述):	Yoga is a mind-body connected exercise. Our classes will concentrate on three aspects: (1) physical yoga practice, (2) correct breathing, and (3) relaxation. The physical postures will exercise every part of the body, stretching and toning the muscles and joints, the spine and entire skeletal system. But they work not only on the frame of the body but also on the internal organs, glands and nerves, keeping all systems in health. Doing the yoga postures, combined with correct breathing, will release tension and stress, enhance energy, refresh the mind, and achieve inner-peace. ZUMBA is cardio excise based on Latin music. ZUMBA is tons of fun, no dance experience required.		
Course Objectives (课程目标):	You will become stronger, fitter and healthier, more flexible, more coordinated, and you'll have fun.		
Pre-requisite/Student Ages (先决要求/学生年龄要求):	Please bring a yoga mat. New mats will be available for purchase in class.		
Student Evaluation / Presentation (评分方法 (演出、比赛、展示等)):	1 st semester: 12 classes 2 nd semester: 12 classes Location: Room A111		
Maximum Number of Students to be Enrolled (最多招生人数限制):	10:00-10:30 am ZUMBA Latin Fitness 10:30-11:30 am Yoga Class 1:30-2:30 pm Yoga Class		
Course Fee (报名费 /	Registration & material fee	N/A	Special course fee Yoga \$200/yr Zumba \$100/yr

学费):

Take Both for
\$280