

ACT-133 Yoga as Therapy: Balancing Mind Body Spirit

***Pre-Assignment -***

Read **Chapter One: Introduction to Yoga in Health Care**  
in Class Text **The PRINCIPLES and PRACTICE of Yoga in HEALTH CARE**

**Give a summary/reflection for each of the 6 sections of this reading.(one or two sentences each - 6 to 12 sentences total)**

**Due in my email box - January 16, 2020**

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