

Human and Social Sciences

Yoga

IDENTIFICATION

CODE : HU-SHS-OPTION45-S2

ECTS : 2.0

HOURS

Lectures : 0.0 h

Seminars : 20.0 h

Laboratory : 0.0 h

Project : 0.0 h

Teacher-student

contact : 20.0 h

Personal work : 20.0 h

Total : 40.0 h

ASSESSMENT METHOD

TEACHING AIDS

TEACHING LANGUAGE

French

CONTACT

MME GOUTALAND Carine

carine.goutaland@insa-lyon.fr

M. LE GUENNIC Thomas

thomas.le-guennic@insa-lyon.fr