



Great. For course idea number 1, create an online course outline broken down into module and lessons.



Plus Continue

< 3/3



Absolutely, here's an outline for an online course titled "Yoga for Stress Relief and Relaxation," broken down into modules and lessons:



**Course Title:** Yoga for Stress Relief and Relaxation

**Module 1: Introduction to Stress and Yoga**

*Lesson 1: Understanding Stress and its Impact*

- Define stress and its physical and emotional effects.
- Discuss the importance of stress management for overall well-being.

*Lesson 2: The Role of Yoga in Stress Reduction*

- Introduce how yoga can effectively reduce stress.
- Explain the mind-body connection in yoga and stress relief.

**Module 2: Breathing Techniques and Meditation**

*Lesson 3: Deep Breathing and Relaxation*

- Teach deep breathing exercises to calm the nervous system.
- Provide guidance on integrating breathwork into daily life.

*Lesson 4: Guided Meditation for Stress Reduction*

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**Yicheng Fang**



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