



Yoga Skills Kinesiology 351

Mondays and Wednesday 11:10-12:35pm FALL 2013 Semester # 2690

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Course Description and Objectives: This course will explore various forms of Hatha Yoga; the branch of yoga that works primarily to bring balance to the body through 1) proper postures (asanas) 2) breath control (pranayama) 3) proper relaxation 4) proper diet 5) positive thinking and meditation. By the completion of this course, the students will be able to:

- Demonstrate a variety of yoga asanas (poses), vinyasas (sequences), and pranayama (breathing techniques)
- Utilize relaxation techniques for stress reduction
- Display proper alignment in their poses
- Enhance mental focus, physical flexibility, stamina and strengthening in the body through pre/post tests

Program Outcome- At the end of the semester, the successful student will be able to demonstrate proper alignment of the three warrior poses along with breathing techniques.

Requirements: (yoga mat, journal, open mind)

We all come into class with different levels of flexibility, fitness levels, experience and expectations. Yoga is a journey that attempts to integrate body, mind and spirit where its ultimate goal is to discover our true selves. Yoga originated over 6,000 years ago in India, where it is a lifestyle of self-discipline based on “simple living and high thinking”. We will practice yoga, we will never be perfect. There is no competition in this course. The asanas will have modifications for all levels, so don’t worry if you are new to yoga. Anyone can practice yoga. Each class will have a warm up, work, and cool down segment. You may make up a total of 6 classes during the semester. You are expected to be at class on time ready to practice and participate.

Grading:

There will be 300 points possible

Attendance and Participation	230 points	(each class worth 10pts)	240-300 A
Pre-test and Post-test	40 points	(20 pts each)	180-239 B
Yoga Assignment	30	(15 points each)	120-179 C
Total- 300			60- 119 D
			Under 60 F

Assignments:

Pre and Post tests- to be completed in class

Yoga journal- write 8 entries about your reflections of your progress, likes/dislikes, changes in flexibility, awareness through meditation.... Whatever you want to write about. Must be typed. First 4 entries will be due Oct 16th and second 4 entries will be due Dec 2nd.

What to Bring:

- Yoga mat (better to have your own), towel, water, layer clothing- No jeans!
- A positive and open minded attitude!

Important dates: Pre-testing Aug 28th, Post-testing Dec 2nd

Yoga journals due Oct 16th and Dec 2nd Last day of class is Dec 4th

Holidays- Labor Day 9/2 Veteran’s Day 11/11



Helpful Hints For A Better Yoga Practice

- 1.) **Yoga is best on an near-empty stomach. However you should eat a breakfast before your 1pm class**
Just eat a piece of fruit and drink a small glass of water before coming to class. Do not bring food to the classroom. We try to keep our sanctuary clean.
- 2.) **Own your own yoga mat.**
For sanitary reasons, you should buy your own mat. If you plan on making yoga a part of your life then get your own yoga mat so you can practice outside class.
- 3.) **Arrive before class starts.**
It's always good not to be rushed to yoga class, give yourself time to relax. If you enter the class late be as quiet as possible.
- 4.) **No shoes or socks when doing yoga.**
Bare feet prevent you from slipping.
- 5.) **Keep conversation to a minimum.**
Yoga is a reflective experience. Please be considerate of other people's practice..
- 6.) **Turn your cell phones on silent (not vibrate) or leave them in the car.**
Allow yourself a "technology" break while in class.
- 7.) **Breathe deep.**
Don't hold your breath or you will create more tension in your body. Notice your breath when you are in a pose; if it's short and choppy then back out of the pose and breath deeper. Deep breathing gives you more energy throughout the day. Always breathe through your nose.
- 8.) **Never force yourself into a pose that hurts.**
Challenge yourself so it's not easy but pushing yourself may cause pain in the long run Don't be concerned with how a pose looks like. Be more concerned with how a pose feels.
- 9.) **Modify a pose to fit your body. Rest whenever you need to.**
Don't be competitive, if you are tired, ill or injured go easy. Be patient with yourself
- 10.) **Think positively.**
Leave any negativity and competition outside the door. Don't judge yourself with anyone else.
- 11.) **Stay in the present moment and be patient with yourself**
- 12.) **After class, please contribute to the sense of yoga community and carefully fold up your mat and place it nicely in the storage closet. Respect the intention to establish a clean and orderly practice environment. Cluttered and disorderly surroundings cause scattered thoughts and unfocused minds.**
- 13.) **Namaste**
Namaste is a Sanskrit word said at the end of class and it is polite to say it back. It means "I honor the light in you."