

GEORGE MASON UNIVERSITY  
School of Recreation, Health, & Tourism

**Intermediate Yoga**  
**PHED 130-001 12272**  
**Fall 2014**

DAYS/TIMES:  
T/R 3:00 - 4:15 pm

LOCATION: RAC 2201

PROFESSOR  
Stephanie Bolger e-RYT 200

EMAIL: @GMU.edu

OFFICE HOURS:  
By Appointment

PHONE: 571-451-8570

PREREQUISITES: PHED 129 or Permission of the Instructor

**COURSE DESCRIPTION**

Class emphasis will be on mastering yoga asanas (postures) and pranayama (breathing techniques) to enhance physical fitness and mental concentration. Students will learn 10 new yoga poses and practice the complete Sun Salutation.

**COURSE OBJECTIVES**

At the conclusion of this course, students should be able to:

1. Demonstrate at least 25 *asanas*, including proper alignment.
2. Identify the poses and demonstrate proficiency in the “Sun Salutation” (*Surya Namaskar*).
3. Classify *asanas* as to their types.
4. Name benefits and contra-indications of *asanas*.
5. Develop proficiency in the practice of three types of *pranayama*.
6. Define the “limbs” of the “Eightfold Path” outlined in Patanjali’s Yoga Sutras.

NATURE OF COURSE DELIVERY: FACE TO FACE

**COURSE OVERVIEW**

Readings, lectures, and class participation will be used to analyze the practice of yoga asana and yoga philosophy.

**RECOMMENDED TEXT/READINGS**

**The Heart of Yoga - Developing a Personal Practice. T.K.V. DESIKACHAR**

Handouts posted on Black Board

## EVALUATION

This course will be graded on a point system.

### Requirements

#### **Points**

Exam

#1

Midterm

20

#2

Final

20

Participation

60

TOTAL

100

### Grading Scale

|              |              |              |             |
|--------------|--------------|--------------|-------------|
| A = 94 – 100 | B+ = 88 – 89 | C+ = 78 – 79 | D = 60 – 69 |
| A- = 90 – 93 | B = 84 – 87  | C = 74 – 77  | F = 0 – 59  |
|              | B- = 80 – 83 | C- = 70 – 73 |             |

## COURSE INFORMATION

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
3. All communication will be through GMU e-mail – the Patriot Web Site.
4. Students are requested to bring their own yoga mat to class.
5. Comfortable stretch clothing are required. No street clothes may be worn.
6. Students have the opportunity to make-up **TWO** classes due to absence. Make-up classes must be accompanied by a journal (write up of your experience) to be handed in via Black Board or in personal at the next class.

Options for make-up classes include:

- Community class at Zion Yoga Studio located less than 5 minutes from campus at 10700 Zion Drive Fairfax, VA 22032 [www.zionyogastudio.com](http://www.zionyogastudio.com) . Make-up classes are **free of charge** at Zion Yoga. If you choose to come to community class to further your practice, a student rate is offered at \$5/class.

- Online practice on YouTube:

<http://www.youtube.com/channel/UCBJEt3AtqC9-o3D9BrqvxPA> . There are free, full-length classes available.

7. Please arrive 5-10 minutes **before** class start time to set up your practice space. We will begin practice promptly at 3. It is not safe to join practice late.

## REQUIREMENTS

**Lab Exercises (40%) – Daily attendance is required.** Absences and late arrivals are disruptive. Absences make it difficult to proceed with the presentation of this class due to the amount of physical practice required to develop the poses.

**Midterm: (20%) - Integrated Practice.** Students will be guided through a full Vinyasa practice with minimal instruction integrating what we have learned up to this point. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grade will be based on each student’s individual progress. Students will journal about their experience, and is at the discretion of the student as to what form (ex: paragraph, poem, drawing, etc.). Journal is to be handed in via Black Board or in person on our next scheduled class date.

**Final Exam (20%) - Integrated Practice.** Students will be guided through a comprehensive Vinyasa practice with minimal instruction integrating everything learned throughout the course. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment as well as proper breathing. Some new material will be introduced as a way for students to demonstrate their understanding of maintaining a sense of presence in their practice. Students will journal about their experience. This can come in any form which inspires the student such as paragraphs, poem, drawing, etc. Journal is to be handed in via Black Board or in person on our next scheduled class date.

**Assignments (20%) - Videos, studies, or other readings may be assigned.** Students are expected to come to class prepared for discussion.

**Community Practice (5%) - Extra credit.** Students who wish to further their practice may attend class in the community (this can include Zion Yoga) or take class online, and journal about their experience.

## TENTATIVE COURSE SCHEDULE

| <b>Week</b>  | <b>Topics<br/>Readings/Assignment Due</b>  |
|--|--|
| 1<br>10/21<br><br>Yoga.  | Overview of course material.<br>Pages 79-85 in Heart of Yoga<br>Review of Introduction to<br><br>Question/Answer session.<br>Savasana/Pranayama. |
| 10/23<br>integrate Introduction to Yoga material:<br><br>poses, backbends, seated poses. | Review, practice, and<br><br>Surya Namaskar A, standing<br><br>Savasana/Pranayama.   |

10/28  
Surya Namaskar B (Sun Salutation B).

(first 2 limbs of the 8 limbs of Yoga)

Break down elements of

Introduce Yama and Niyama  
Pages 97-105 of Heart of Yoga  
Savasana/Pranayama.

10/30  
Namaskar B with modifications/contraindications and integrate with Surya Namaskar A.

Review and practice Surya  
Savasana/Pranayama.

Yamas and Niyamas

Question/Answer regarding

3  
11/4  
elements of Surya Namaskar C (Sun Salutation C).

Introduce and break down  
Pages 107-118 in Heart of Yoga

elements of Chandra Namaskar (Moon Salutation).

Introduce and break down

of Yoga.

Introduce 6 remaining limbs

Savasana/Pranayama.

11/6  
C & Chandra Namaskar into practice with modifications/contraindications.

Practice/integration of Surya

balancing asanas: Vrksasana (tree pose), Virabhadrasana 3 (warrior 3),

Introduce/practice basic

the 8 limbs of Yoga.

Question/answer regarding

Savasana/Pranayama.

4  
11/11  
prepare for mid-term Integration Practice.

Review, practice, and

Modifications/contraindications for Tree & Warrior 3.

Savasana/Pranayama.

11/13  
**Practice with Savasana/Pranayama.**

**Mid-term Integration**

5

11/18

**Mid-term Journal Due**

Namaskars (variations of Sun Salutations).

Introduce Dancing Warrior

Opening Namaskar.

Break down elements of Hip

Urdhva Prasarita Eka Padasana (standing splits), Ardha Chandrasana (half moon pose)

Continue balancing asanas:

Discuss meaning of “OM”.

Page 130-131 (Isvara and the Sound of OM)

in Heart of Yoga

Savasana/Pranayama.

11/20

Dancing Warrior Hip Opening Namaskar with modifications/contraindications.

Practice/integration of

Modifications/contraindications for Standing splits & Ardha Chandrasana.

“OM”/“AUM”.

Question/Answer regarding

Savasana/Pranayama

6

12/2

Namaskars (variations of Sun Salutations).

Continue Dancing Warrior

Heart Opening Namaskar.

Break down elements of

Backbending asanas: Dhanurasana (bow pose), Urdhva Dhanurasana (Full Wheel)

Introduce Deeper

Savasana/Pranayama.

Sutras.

Introduction of The Yoga  
Pages 145-147 in Heart of Yoga

12/4

Opening Namaskar with modifications/contraindications.

Practice/integration of Heart

backbends with modifications/contraindications.

Integration of deeper

Savasana/Pranayama.

|  |                                   |
|--|-----------------------------------|
| Yoga Sutras.   | Question/answer regarding         |
| 7  |                                   |
| 12/9<br>Series   | Continue Dancing Warrior          |
| Waist Opening Namaskar.  | Break down elements of Side       |
| seated hip opening asanas: Eka Pada Rajakapotasana (pigeon pose), Gomukhasana (cow face pose). | Introduce/practice deeper         |
|  | Savasana/Pranayama.               |
|  | Introduce first 2 Yoga Sutras.    |
|  | Pages 149-150 (only 1.1 & 1.2) in |
| Heart of Yoga  |                                   |
| 12/11  | Practice/Integration of Side      |
| Waist Opening Namaskar.  |                                   |
| openers with modifications/contraindications.  | Integration of seated hip         |
|  | Savasana/Pranayama.               |
| prepare for Final Exam.  | Review, practice, and             |
| 8  |                                   |
| 12/16  | <b>Final Exam Integration</b>     |
| <b>Practice - Journals will be due via Black Board or e-mail.</b>                              |                                   |

*Note: Faculty reserves the right to alter the schedule as necessary.*

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

