

GEORGE MASON UNIVERSITY: College of Education and Human Development  
School of Recreation, Health, & Tourism

RECR 187-004 – Yoga: Intermediate (1)  
Fall 2016 T/R 3:00-4:00 pm 10/17-12/20  
Location: RAC 2201

**Faculty:**

Name: Stephanie Bolger e-RYT 200  
Office Hours: By Appointment  
Office Location: RAC 2201  
Email: SBOLGER@GMU.edu

**Prerequisites:** RECR 186 or Permission of the Instructor

**Course Description**

Emphasizes mastery of yoga asanas (postures) and pranayama (breathing techniques) to enhance physical fitness and mental concentration. Focuses on 10 new yoga poses and practice of the complete Sun Salutation.

**Course Overview**

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

**Course Delivery Method:** Lecture/Lab

**Learning 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.

**Required Texts**

Desikachar, T.K.V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International.

**Evaluation:**

**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.

**Integration Practice 1: (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 reflect in a journal about their experience, and is at the discretion of the student as to what form (ex: paragraph, poem, drawing, etc.). Reflection journal is to be handed in via Black Board or in person on our next scheduled class date.

**Integration Practice 2: (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 reflect in a journal about their experience. This can come in any form which inspires the student such as paragraphs, poem, drawing, etc. Reflection journal is to be handed in via Black Board or in person on our next scheduled class date.

**Assignments (20%)** - Videos, readings, and journals will be assigned. Students are expected to come to class prepared for discussion. When journals are assigned, they are due by the next class meeting. Journals can be submitted via Blackboard, e-mail, or in person, and should be reflective in nature (i.e. something new you learned, questions or comments that came up through your reading, etc.).

**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 9:00am. It is not safe to join practice late.

**Professional Dispositions** 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: <http://cehd.gmu.edu/values/>.

## GMU Policies and Resources for Students

### *Policies*

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).
- 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/>). Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.**

### Tentative Course Schedule

Day	Topic	Reading/Assignments
1	Overview of course material Review of Introduction to Yoga Question/Answer session. Savasana/Pranayama	Pages 79-85 in Heart of Yoga. <b>Journal Due</b>
2	Review, practice, and integrate Introduction to Yoga material: Surya Namaskar A, standing poses, backbends, seated poses. Savasana/Pranayama.	
3	Break down elements of Surya Namaskar B (Sun Salutation B). Introduce Yama and Niyama (first 2 limbs of the 8 limbs of Yoga)	Pages 97-105 of Heart of Yoga. <b>Journal Due</b>
4	Review and practice Surya Namaskar B with modifications/contraindications and integrate with Surya Namaskar A. Savasana/Pranayama.	Question/Answer regarding Yamas and Niyamas
5	Introduce and break down elements of Surya Namaskar C (Sun Salutation C).	
6	Introduce and break down elements of Chandra Namaskar (Moon Salutation). Introduce 6 remaining limbs of Yoga.	Pages 107-118 in Heart of Yoga. <b>Journal Due</b>
7	Practice/integration of Surya C & Chandra Namaskar into practice with modifications/ contraindications. Introduce/practice basic balancing asanas: Vrksasana (tree pose), Virabhadrasana 3 (warrior 3),	Question/answer regarding the 8 limbs of Yoga.
8	<b>Class will not meet today</b>  Integration Practice 1 (Choose a YouTube class from my channel to practice on your own. It needs to be a full-length class)	<b>Journal Due on Blackboard only</b>
9	Introduce Dancing Warrior Namaskars (variations of Sun Salutations). Break down elements of Hip Opening Namaskar. Continue balancing asanas: Urdhva Prasarita Eka Padaasana (standing splits), Ardha Chandrasana (half-moon pose) Discuss meaning of "OM".	Page 130-131 (Isvara and the Sound of OM) in Heart of Yoga. <b>Journal Due</b>

10	Practice/integration of Dancing Warrior Hip Opening Namaskar with modifications/ contraindications. Modifications/contraindications for Standing splits & Ardha Chandrasana.	Question/Answer regarding “OM”/“AUM”.
11	Continue Dancing Warrior Namaskars (variations of Sun Salutations). Break down elements of Heart Opening Namaskar. Introduce Deeper Backbending asanas: Dhanurasana (bow pose), Urdhva Dhanurasana (Full Wheel)	Introduction of The Yoga Sutras. Pages 145-147 in Heart of Yoga. <b>Journal Due</b>
12	Practice/integration of Heart Opening Namaskar with modifications/contraindications. Integration of deeper backbends with modifications/contraindications.	Question/answer regarding Yoga Sutras.
13	Continue Dancing Warrior Series Break down elements of Side Waist Opening Namaskar. Introduce/practice deeper seated hip opening asanas: Eka Pada Rajakapotasana (pigeon pose), Gomukhasana (cow face pose).	Introduce first 2 Yoga Sutras. Pages 149-150 (only 1.1 & 1.2) in Heart of Yoga. <b>Journal Due</b>
14	<b>Class will not meet today</b>  Integration Practice 2 (Choose a YouTube class from my channel to practice on your own. It needs to be a full-length class)	<b>Journal Due on Blackboard only</b>

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