

**George Mason University**  
**College of Education and Human Development**  
[Program Name]

RECR 187 (005) - Yoga: Intermediate (1)  
1 Credit, SPRING 2017  
T/TR 7:30am – 8:45am / RAC 2201 - Fairfax Campus

**Faculty**

Name: Stephanie Bolger (e-RYT 200)  
Office hours: By Appointment  
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**Prerequisites/Corequisites**

RECR 186 or Permission of the Instructor

**University Catalog 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.

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 e-mail.

**- Options for make-up classes include:**

- 1) 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.

2) 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 7:30am. It is not safe to join practice late.

### **Course Delivery Method**

This course will be delivered using a face-to-face format.

### **Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

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.

### **Professional Standards N/A**

Upon completion of this course, students will have met the following professional standards:  
N/A

### **Required Texts**

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

### **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

#### **• Assignments and Examinations**

##### **○ Homework Writing Assignments**

Student will complete journals reflecting on topics read in required text and reviewed in class discussion. When journals are assigned, they are due by the next class meeting. Journals are submitted through Blackboard, and should be reflective in nature (i.e. something new you learned, questions, comments, etc.)

##### **○ Integration Exam 1**

Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned to date. Students are expected to demonstrate recognition of poses,

and comprehension of safe alignment. Grades will be based on individual progress. Students will reflect on their experience in journal format to be handed in via Blackboard by the following class meeting.

○ **Integration Exam 2**

Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned over the entirety of the course. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress. Students will reflect on their experience in journal format to be handed in via Blackboard by the following class meeting.

• **Other Requirements**

Class participation, videos

• **Course Performance Evaluation Weighting**

- Integration Exam 1 (15 points)
- Integration Exam 2 (15 points)
- Class Participation (50 points)
- Homework writing assignments (20 points)
- Total: 100 points

• **Grading Policies**

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						

**Professional Dispositions**

Students are expected to exhibit professional behaviors and dispositions at all times.

**Course Schedule**

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

Day	Topic	Reading/Assignments
3/21	Overview of course material Review of Introduction to Yoga Question/Answer session. Savasana/Pranayama	Pages 79-85 in Heart of Yoga. Journal Due 3/23
3/23	<b>Journal Due Today on Blackboard</b> Review, practice, and integrate Introduction to Yoga material: Surya Namaskar A, standing poses, backbends, seated poses. Savasana/Pranayama.	Pages 97-105 of Heart of Yoga. Journal Due 3/28

3/28	<p><b>Journal Due Today on Blackboard</b>  Break down elements of Surya Namaskar B (Sun Salutation B).  Introduce Yama and Niyama (first 2 limbs of the 8 limbs of Yoga)</p>	
3/30	<p>Review and practice Surya Namaskar B with modifications/contraindications and integrate with Surya Namaskar A. Savasana/Pranayama.</p>	<p>Question/Answer regarding Yamas and Niyamas</p>
4/4	<p>Introduce and break down elements of Surya Namaskar C (Sun Salutation C).</p>	<p>Pages 107-118 in Heart of Yoga. Journal Due 4/6</p>
4/6	<p><b>Journal Due Today on Blackboard</b>  Introduce and break down elements of Chandra Namaskar (Moon Salutation).  Introduce 6 remaining limbs of Yoga.</p>	
4/11	<p><b>Practice/integration of Surya C &amp; Chandra Namaskar into practice with modifications/contraindications.</b>  <b>Introduce/practice basic balancing asanas: Vrksasana (tree pose), Virabhadrasana 3 (warrior 3),</b></p>	<p>Question/answer regarding the 8 limbs of Yoga.</p>
4/13	<p><b>Integration Exam 1</b></p>	<p>Journal Due 4/18 on Blackboard</p>
4/18	<p><b>Integration Journal Due Today on Blackboard</b>  <b>Introduce Dancing Warrior Namaskars (variations of Sun Salutations).</b>  <b>Break down elements of Hip Opening Namaskar.</b>  <b>Continue balancing asanas: Urdhva Prasarita Eka Padasana (standing splits), Ardha Chandrasana (half-moon pose)</b>  <b>Discuss meaning of “OM”.</b></p>	<p>Page 130-131 (Isvara and the Sound of OM) in Heart of Yoga. Journal Due 4/20</p>
4/20	<p><b>Journal Due Today on Blackboard</b>  <b>Practice/integration of Dancing Warrior Hip Opening Namaskar with modifications/contraindications.</b>  <b>Modifications/contraindications for Standing splits &amp; Ardha Chandrasana.</b></p>	<p>Question/Answer regarding “OM”/“AUM”.</p>

4/25	<p><b>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)</b></p>	<p>Introduction of The Yoga Sutras. Pages 145-147 in Heart of Yoga – Journal Due 4/27</p>
4/27	<p><b>Journal Due Today on Blackboard Practice/integration of Heart Opening Namaskar with modifications/contraindications. Integration of deeper backbends with modifications/contraindications.</b></p>	<p>Question/answer regarding Yoga Sutras.</p>
5/2	<p><b>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).</b></p>	<p>Introduce first 2 Yoga Sutras. Pages 149-150 (only 1.1 &amp; 1.2) in Heart of Yoga – Journal Due 5/4</p>
5/4	<p><b>Journal Due Today on Blackboard Integration Exam 2</b></p>	<p>Journal Due 5/9 on Blackboard</p>

### 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 Mason 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/aero/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/>).
- 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/>.**

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### **Assessment Rubric(s)**