

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

RECR 186 (006) - Yoga: Introduction  
1 Credit, SPRING 2017  
T/TR 7:30am – 8:45am / RAC 2201 – Fairfax Campus

**Faculty**

Name: Stephanie Bolger (RYT 200)  
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**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Introduces students to the practice of Hatha yoga. Class emphasis will be on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

**Course Overview**

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

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
- Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
- All communication will be through GMU e-mail – the Patriot Web Site.
- Students are requested to bring their own yoga mat to class.
- Comfortable stretch clothing are required. No street clothes may be worn.
- 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. Students should complete the make-up practice within one week of the class they missed.

**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 \$10/class.

2) Online practice on YouTube:  
<http://www.youtube.com/channel/UCBJEt3AtqC9-o3D9BrqvxPA> .  
There are free, full-length classes available.

- 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. Arriving to class on time is part of your participation requirement.

## **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 20 asanas, including proper alignment, with a strong emphasis on safe practice. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
2. Identify the poses and demonstrate proficiency in “Sun Salutation” (Surya Namaskar); a Vinyasa or steady flow of 12 classic postures linked with breath work in a continuous movement.
3. Name the benefits and contra-indications of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice of three types of pranayama.
6. Demonstrate techniques of basic relaxation.

## **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
1/24	Introduction to Yoga, aids, clothing & mats. Warm-ups. Get familiar with Course Content.	Pages 5-13 in Heart of Yoga. – Journal Due 1/26

	Safe practice.	
1/26	<b>Journal Due Today on Blackboard</b> Discuss and practice basic breath rhythm Learn/Practice Elements of Surya Namaskar A (Sun Salutation A) Discuss and practice Savasana (Relaxation)	Pages 17-23 in Heart of Yoga – Journal Due 1/31
1/31	<b>Journal Due Today on Blackboard</b> Review Surya Namaskar Five movements of Prana - Universal Life Force Energy. Review Savasana	Page 57 (Forms of Prana). Modifications/contraindications – Journal Due 2/2.
2/2	<b>Journal Due Today on Blackboard</b> Link movement with breath in Surya A. Savasana	Page 60 (Ujjayi Pranayama). Discuss Ujjayi pranayama technique – Journal Due 2/7
2/7	<b>Journal Due Today on Blackboard</b> Discussion & alignment of basic standing asanas: Virabhadrasana 1 (Warrior 1) Savasana	
2/9	Continue standing asanas Discuss, modifications (props)/contraindications. Virabhadrasana 2 (Warrior 2). Parsvakonasana (Side Angle Pose) Savasana	Pages 25-44 in Heart of Yoga Journal Due 2/14
2/14	<b>Journal Due Today on Blackboard</b> Integrating standing asanas into practice Prasarita Padottanasana (Standing Wide- legged Forward Fold with Variations) Savasana	Pages 25-44 in Heart of Yoga. Utthita Trikonasana (Triangle) – Journal Due 2/21
2/16	Linking Sun Salutations and Standing asanas with breath. Savasana	
2/21	<b>Journal Due Today on Blackboard</b> Review for mid-term Integration Practice.	
2/23	<b>Integration Exam 1</b>	<b>Journal Due 2/28 on Blackboard only</b>
2/28	<b>Integration 1 Journal Due Today on Blackboard</b>	

	Discuss/begin backbending asanas Salambasana (Locust) Setu Bandha Sarvangasana (Bridge Pose) Anjaneyasana (Crescent Moon)	
3/2	Review backbending with modifications/contraindications. Integrating backbending into our practice. Savasana	Pages 53-61 (through Nadi Sodhana) – Journal Due 3/7
3/7	<b>Journal Due Today on Blackboard</b> “Cooling down” practice Practice foundation seated asanas Paschimottanasana (seated forward fold) Baddha konasana (bound angle pose) Parivrtta Upavistha Konasana (Wide- legged Seated Forward Fold) Savasana.	
3/9	<b>Integration Exam 2</b>	<b>Journal Due 3/13 on Blackboard only</b>

### 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://coursesupport.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/>.**

### **Class Schedule**

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