

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 187 (004) – Yoga: Intermediate
1 Credit, FALL 2017 (10/16-12/20)
T/R 3:00 pm - 4:15 pm/RAC 2002 Fairfax Campus

Faculty

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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, 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 the class must inform the instructor.
- Students with specific medical conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practice.
- All communication will be through GMU e-mail (Patriot Web Site).
- Students are required to bring their own yoga mat to class.
- Comfortable stretch clothing are required. No street clothes may be worn.
- Please arrive 5-10 minutes before class start time to set up your practice space. We will begin practice promptly at 3:00. It is not safe to join practice late. Arriving to class on time is part of your participation requirement.
- 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.
 - Make-up Details:

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

- First missed class may be made up at Sun & Moon Yoga at either the Fairfax (9998 Main Street, Fairfax VA 22031) or Arlington (3811 Lee Highway, Arlington VA 22207) location free of charge. Tell them you are a “first class free” student when you arrive.
- Second class may only be made up at Sun & Moon Yoga’s Fairfax location (9998 Main Street, Fairfax VA 22031) on Saturday at either 9:15 a.m. or 10:45 a.m.

Course Delivery Method

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

Learner Outcomes or 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 contraindications 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

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

Required Texts

Readings will be made available online via Blackboard from the Yoga Basics Blog and Living Yoga:

Burgin, Timothy. “Learn About Yoga.” *Yoga Basics*, www.yogabasics.com/learn/. Accessed August 14 2017.

Feuerstein, Georg and Bodian, Stephanie (1993). *Living Yoga*. New York, NY: Penguin Putnam, Inc.

There is no required textbook for this class. All readings will be assigned using Blackboard.

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/or Examinations**

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Class Participation (75 points) **Daily attendance and participation required.** Students will demonstrate proficiency in asana and pranayama.

5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Attendance/Participation score will be the number of points a student gains each day. Absences AND tardies are not excused without a doctor's note. The doctor's note must be presented immediately upon returning to class with the dates the student is to be excused and a statement of what the student can and cannot do in yoga.

**One letter-grade will be deducted for two unexcused absences.

**Emailing the instructor does not excuse the student from class.

Journal Writings (50 points; 10 entries worth 5 points each) Students will complete journals reflecting on topics read in required reading via Blackboard. When assigned, journals are due by the next class meeting. Journals are submitted through Blackboard and should be reflective in nature. Points will be deducted for late assignments.

Final Quiz (20 points) Students will have access to the final quiz via Blackboard during the last week of class.

Total Points 145

• 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.

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Class Schedule

Day	Topic	Reading/Assignments
10/17	Overview of course material and expectations Review Introduction to Yoga Review Sun Salutations Shavasana (relaxation)	Read Yoga Basics blog articles by Timothy Burgin: <i>History of Yoga</i> <i>Hatha Yoga: The Physical Path</i>
10/19	Journal Due TODAY Review Basic/Foundation Asanas Deeper dive into history of Yoga Asana Categories and Benefits (hand out) 3 Part Breath Shavasana (relaxation)	Read Yoga Basics blog articles by Timothy Burgin: <i>The Vedas</i> <i>The Upanishads</i> <i>The Hatha Yoga Pradipika</i> <i>The Bhagavad Gita</i>
10/24	Journal Due TODAY Introduce 8 limbs Intermediate Forward Bends Brahmari (Buzzing Bee) Breath Shavasana (relaxation)	Read Eight Limbs Handout
10/26	Journal Due TODAY Discuss Yamas (First of Eight Limbs of Yoga) Intermediate Forward Bends Continued Shavasana (relaxation)	Read Yoga Basics blog articles by Timothy Burgin: <i>The Five Yamas</i> <i>The Five Niyamas</i>
10/31	Journals Due TODAY Discuss Niyamas (Second of Eight Limbs of Yoga) Intermediate Twists Shavasana (relaxation)	
11/2	Discuss last 6 limbs Intermediate Twists Continued Shavasana (relaxation)	Read Yoga Basics blog article: <i>Raja Yoga, Oneness by Meditation</i> by Timothy Burgin Read Essay on Blackboard: <i>The Royal Path of Mental Discipline</i> by Swami Vivekananda
11/7	Journal Due TODAY Chakras 1-4 Intermediate Backbends Shavasana (relaxation)	

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11/9	Chakras 5-7 Intermediate Backbends Continued Shavasana (relaxation)	Read Yoga Basics blog article by Timothy Burgin: <i>The Flow of Prana</i> <i>The Seven Chakras</i>
11/14	Journal Due TODAY Intermediate Balance Nadhi Sodhana (Alternate Nostril Breath) Shavasana (relaxation)	
11/16	Bandhas Intermediate Balance Continued Kapalabhati (Skull Shining Breath) Shavasana (relaxation)	Read Yoga Basics blog article: <i>Using Mula Bandha, The Root Lock</i> <i>Uddiyana Bandha, The Abdominal Lock</i> <i>Jalandhara Bandha, The Throat Lock</i>
11/21	Journal Due TODAY Core Strengthening/Arm Balances	
11/23	Gunras, Koshas Inversions	Read Yoga Basics blog article: <i>The Three Gunas of Nature</i> by Timothy Burgin <i>The Inward Journey Through the Koshas</i> by Timothy Burgin
11/28	Journal Due TODAY Kleshas First variation Moon Salute Shavasana (relaxation)	Read Yoga Basics blog article: <i>The Cause of Suffering: The Kleshas</i> by Timothy Burgin Read Essay on Blackboard: <i>Relaxation and Well-Being</i> page 111-113
11/30	Journal Due TODAY Review for quiz on Blackboard Second Variation Moon Salute	
12/5	Other Vinyasas: Dancing Warrior Shavasana (relaxation)	Read Yoga Basics blog article: <i>Mudras</i> by Timothy Burgin
12/7	Journal Due TODAY Restoratives, Meditation, Mantras, Mudras, Yoga Nidra	

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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 or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The Writing Center 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 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

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programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).

- The Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. 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://ssac.gmu.edu/make-a-referral/>.

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